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**Natalie
Portman**

An American
in Paris

WHAT TO
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Geek chic, scarlet,
80s glamour:
style it your way

‘Look at the
peccs on that!’
IS IT EVER
OK TO
OBJECTIFY
MEN?

OTHER
PEOPLE'S
SEX
SECRETS

THE NEW
NORMAL
Bold, shocking,
stunning women

THE
FASHION
ISSUE









A fashion advertisement for Dior. The background is a scenic view of a coastline with waves crashing against a rocky shore under a cloudy sky. In the foreground, a woman with long, straight red hair stands in profile, looking out at the sea. She is wearing a black dress with a white collar and a red beaded necklace. A pink long-sleeved shirt is draped over her shoulders. She holds a black and white striped bag with a chain strap. In the background, another woman with dark hair sits on the grassy cliff edge, looking towards the camera. She is wearing a light blue long-sleeved shirt and a black and white patterned skirt. The word "Dior" is written in a large, white, serif font across the middle of the image.

Dior

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BEANIE HATS, THICK-RIMMED glasses and flat mules sprouting hair all over – not exactly what I was expecting to see as I took my seat at the Gucci AW15 show earlier this year. For a fashion house that's renowned for skyscraper heels and sexy silhouettes, new creative director Alessandro Michele's daring first collection was certainly a departure. But it was a clever

one. Yes, there were beautiful coats, dresses and trouser suits, but the woman he evoked through his geek-chic aesthetic is an individual; an outsider who isn't in thrall to perfection or afraid to be different.

If a luxury label has taken this step, you know it signals a new mood that's fast gaining momentum – thanks, in no small part, to social media. Today, millions of people have a means to express themselves in a way that mainstream institutions just simply didn't allow before, and in this month's issue, we meet four of these remarkable women who are challenging the fashion and beauty status quo (page 102). They think smart and look amazing – the very definition of a *Marie Claire* woman.

While we're on the subject of image, we decided to tackle the thorny topic of whether it's ever OK for women to objectify men. A few months ago, we ran a male-grooming story with images of David Gandy (and his fine naked torso), and it got us all talking in the office about sexual politics. Writer Daisy Buchanan makes some interesting points about why it's different for men and women.

See if you agree (page 117), and if you missed the David Gandy pictures, there's a little reminder there, too (just to help fuel the debate, of course).

Still on sexual politics, I recently attended the Fortune Most Powerful Women dinner in London, and the guest speaker was former Australian prime minister Julia Gillard. Recounting the details of her legendary misogyny speech in Australia's parliament, the sighing and nodding of so many women in the room – some of them the most successful and powerful in Britain – highlighted the fact that it's still an all too familiar story. The subject of this month's Life Stories, Hillary Clinton, is also fighting that battle in her election campaign. Read her story on page 138 and get fired up.

Tnôl

Trish Halpin, Editor in Chief



WHAT WE'RE LUSTING AFTER THIS MONTH



Debi
Fashion
assistant

‘This borrowed-from-the-boys tote will carry my Fashion Week essentials *and* serve as a weekend holdall’



Bag, **£799**,
The Bridge



Lucia
Fashion
editor

‘There’s a huge geometric trend this season, and these rose-gold arrow studs sum it up perfectly’



Earrings,
£109, Sif
Jakobs



Grace
Senior fashion
assistant



Blazer, £205,
Comptoir des
Cotonniers

'This is a great transitional piece – it will take my summer culottes seamlessly into autumn'





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On the cover Photograph by Ellen von Unwerth. Styled by Jayne Pickering. Hair by Bryce Scarlett for Oribe at The Wall Group. Make-up by Sarai Fiszal at Jed Root. Nails by Laurence Pignata for Dior. Natalie Portman wears dress, Valentino; rings, Alexandra Jefford. Recreate Natalie's look with: Capture Totale Dreamskin, £79; Diorskin Star Studio Foundation in Light Beige, £32.50; Fix It Concealer in Medium, £23.50; Diorskin Nude Compact Powder Cosmopolite, £31.50; Diorblush Cheek Stick in Cosmopolite Rosewood, £24; Dior Diorshow Brow Styler Eyebrow Pencil in Universal Brown, £19; 5 Couleurs Eyeshadow in Exubérante, £42; Diorshow Pro Liner Waterproof in Black, £20; Diorshow Mascara in Pro Black, £25; Rouge Dior Lipstick in Nouvelle Femme, £26; Dior Vernis Nail Polish in Rose, £19

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(12 MONTHLY ISSUES, INC P&P): UK £43.20. Priority mail: EUROPE (3-5 days) €117; NORTH AMERICA (5-7 days) \$229; REST OF THE WORLD (5-7 days) £148. Direct entry USA (5-12 days) \$113. Cheques payable to Time Inc. (UK) Ltd. For general enquiries and UK and overseas orders, write to Marie Claire Subscriptions, PO Box 272, Haywards Heath, West Sussex RH16 3FS, UK. To obtain back issues, call 01733 385170 or go to mags-uk.com/timeinc. Marie Claire is a registered trademark. Copyright © 2014 Marie Claire Album, Paris. Prices quoted in this issue are correct at time of going to press. Distribution by Marketforce (UK) Ltd, Blue Fin Building, 110 Southwark Street, London SE1 0SU (020 3148 3333); printed in Great Britain by Polestar Chantry; repro by Rhapsody Limited; cover printed by Southernprint. Sole agents: Australia and New Zealand, Gordon & Gotch (Asia) Ltd; South Africa, Central News Agency Ltd.

Marie Claire (main issue 0955-0178; compact size 1743-8306) is published monthly by Time Inc. (UK) Ltd, Blue Fin Building, 110 Southwark Street, London SE1 0SU, England. The 2014 US annual subscription price is \$113. Airfreight and mailing in the USA by agent named Air Business Ltd, c/o Worldnet Shipping Inc, 156-15, 146th Avenue, 2nd Floor, Jamaica, NY 11434, USA. Periodicals postage paid at Jamaica NY 11434.

US Postmaster: send address changes to Marie Claire, Air Business Ltd, c/o Worldnet Shipping Inc, 156-15, 146th Avenue, 2nd Floor, Jamaica, NY 11434, USA.

Subscription records are maintained at Time Inc. (UK) Ltd, Blue Fin Building, 110 Southwark Street, London SE1 0SU, England. Air Business Ltd is acting as our mailing agent. Marie Claire is sold subject to these conditions: that it shall not, without written consent of the Publishers first given, be lent, resold, hired out or otherwise disposed of by way of Trade at more than the recommended selling price shown on the cover (selling price in Eire subject to VAT), and that it shall not be lent, resold, hired out or otherwise disposed of in a mutilated condition or in any unauthorised cover by way of Trade or annexed to or as part of any publication or advertising, literary or pictorial matter whatsoever. Marie Claire cannot accept responsibility for unsolicited manuscripts and photographs. We reserve the right to publish and edit any letters. This issue on sale 6 August 2015.

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CHANEL



A black and white photograph featuring Marina Rinaldi in the center, smiling and clapping. She is wearing a dark, belted jacket over a patterned skirt. To her left, a young man with long hair plays a dark electric guitar. To her right, another young man with long hair plays a light-colored electric guitar. In the background, several framed portraits are on the wall, including one of a dog and one of a man. A person is lying on the floor in the foreground, and another person is sitting on the floor to the right.

MARINA RINALDI

women are back

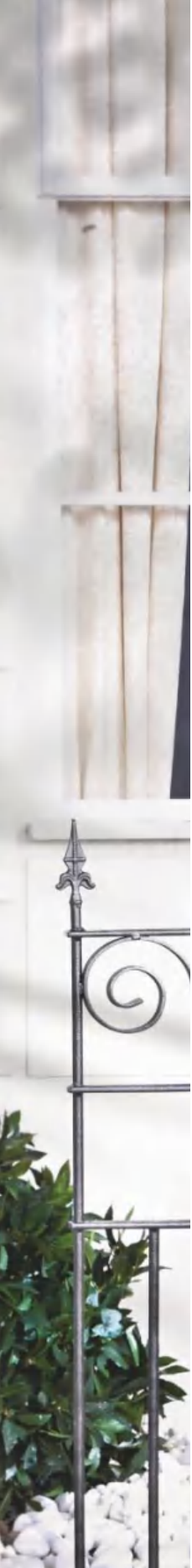
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Letters

YOU TELL US

Have your say on *Marie Claire* via email, Twitter, Facebook or old-school post

Letter of the month

Thank you for 'The Mum Myth'. As a mother of two young boys, one with special needs, I sometimes feel like I am struggling in comparison to other parents. And with the constant 'perfect family' pictures and status updates on Facebook, I often wonder where I'm going wrong. Your article proved that motherhood is not always what we are lead to believe, and some days it *is* a struggle and you're counting down the minutes until bedtime. No one prepares you for how much your life changes after having a child, but it's good to know that a lot of new mums agree and that I'm raising my children the best way I know how. It's also worth remembering that there is no right or wrong way when it comes to being a mum.

Niki, by email



EXPRESS YOURSELF

I loved 'Tatt's Life'. I have always admired body art – admittedly, I can now indulge my admiration further, as I married a tattooist and have a full sleeve! Tattoos are so much a part of our lives, and I find it empowering that more women aren't afraid to showcase art on their bodies, proving it's not just for men. Sure, you get second looks from people, but I love walking around with my tattoos on show, an expensive bag on my arm and a girlie outfit. Break 'the norm' rules and be whoever you are.

Catherine, Staffordshire

HOME TRUTHS

Reading some of the Rotherham victims' stories was shocking ('Surviving Rotherham: What Happens Now?'). How any police authority could ignore reports of abuse appalls me. One victim was only 11 when the abuse started. No stone should be left unturned to find the truth, and if the police were negligent in their duties, they should face the consequences, too.

Joanne Aitch, Wirral

THE REAL THING

Thank you to Anita Bhagwandas for her refreshing article, 'Lean-In Dating'. After using Tinder for 18 months, seeing a couple of guys and witnessing its depressing decline, I tried Plenty Of Fish. A few people I know have had success, but I found it so cheesy – do these people really exist? Thanks for empowering me to ditch apps and choose life.

Amanda, Bristol

GIRL POWER

I read your statistics on women in the construction industry with interest ('Bulletin'), because I did a degree in civil engineering as a mature student. It took me four years (it normally takes two) to obtain the qualifications

I needed to get into uni, and virtually all of it was self-funded. There is such a lack of opportunity if you wish to do something more academic later in life. Yes, let's get teenagers interested, but women in their twenties and thirties should also be given the help they need to change careers.

Amy Leggett-Auld, by email

CORRECTION

The black and red dress on p42 of the August 2015 issue was credited as £100, Marks & Spencer Best of British. It should have read: £75, Sisley.

GET MARIE CLAIRE ON YOUR TABLET

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The writer of the letter of the month will win an iconic Elizabeth Arden Eight Hour Cream hamper, worth £255. Eight Hour Cream is famous worldwide and loved by celebs.



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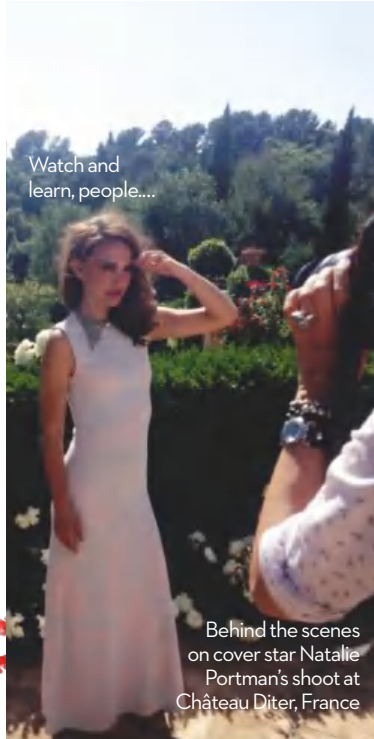
Well, bonjour! The fashion team's driver for the day @THOMASSABO's Love Bridge collection launch in Paris



Bon voyage...

Ex-Bond girl and Penny Dreadful star, Eve Green swears by Nars Velvet Matte lip pencils. And so do we!

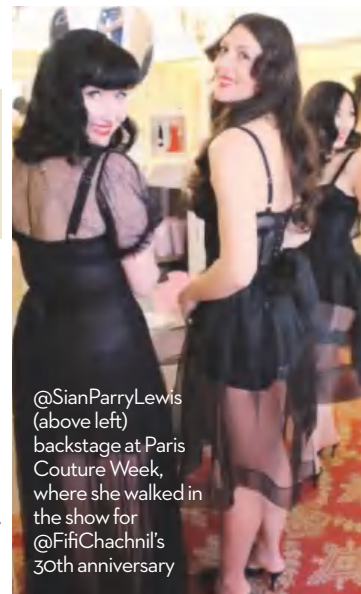
Watch and learn, people....



Behind the scenes on cover star Natalie Portman's shoot at Château Diter, France



Team MC handing out the goody bags (top) at our @WorkLive event, which featured @KarenMillen, @balancebeauty, @benefitcosmeticsuk, @trubeapp, @freixenet, @blowLTD and @PRETTYbeauty. One lucky reader even won this gorgeous @FrederiqueConstant watch (above)



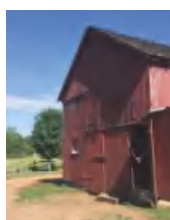
@SianParryLewis (above left) backstage at Paris Couture Week, where she walked in the show for @FifiChachnill's 30th anniversary

marie claire social

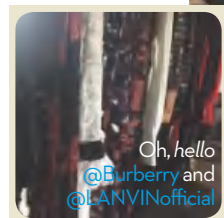
Behind the scenes in Paris and NYC, on location in rural France, and back to the UK for @Work Live and festival fever: it's been a *very* busy month



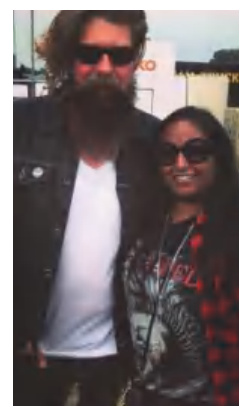
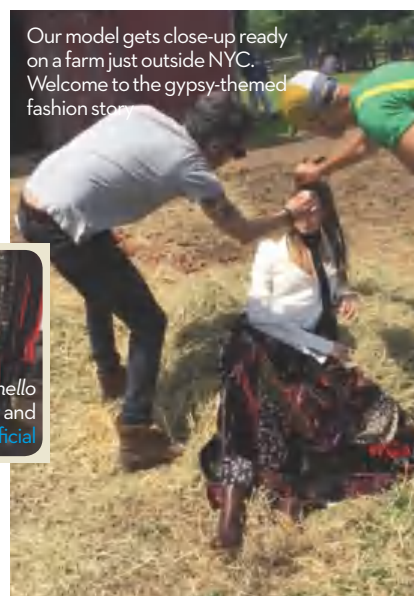
Editor in Chief @IrishHalpin and her son Kit meet the greatness that is @taylorswift13 before her Hyde Park show



Our model gets close-up ready on a farm just outside NYC. Welcome to the gypsy-themed fashion show



Oh, hello @Burberry and @LANVINOfficial



Senior beauty ed @ltsMeAnitaB hung with Jim Root from Slipknot backstage @DownloadFest



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Last month's #TheBigQuestion was: Have you ever had a funny date disaster?

Hannah Rosalie @hannahrosalie @marieclaireuk Drinking too many cocktails, going to the Chinese and throwing up all over my white dress... #classy

QT @QTdates @marieclaireuk Once, I showed up to find he had a heavy German accent and I couldn't understand one word!

@XimenaParra_ @marieclaireuk My biggest disaster? I've never had a date.

Ann Louise @roseytraveller @marieclaireuk With a younger guy who brought along a tape recorder and started crooning to Me And Mrs Jones in the restaurant.

This month's #TheBigQuestion Is it ever OK to objectify men?



REALIZE YOUR DREAM

Monica Dogra - Actress, Singer & Composer



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LONDON



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www.russellandbromley.co.uk



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marie claire

FASHION FIRST



GUCCI

HOT RIGHT NOW...

THE GRAN-OVER

Geek's grown up. Cue the pussy-bow blouse and patterned knit dream team

NEW-SEASON STAPLES

Welcome to your autumn/winter wardrobe heroines

SPECIAL ADDITIONS

Saddle, box or ladylike? The instant-update bags you'll love

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for sensitive skin.

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**“Best ever for my
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Elaine Savage (Kent)

**“It’s magic...my new
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Lynne B (Worcester)



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How do I use it?

Simply apply to a cotton pad and gently wipe across your skin.

GARNIER



Bag, **£1,530**,
Miu Miu



PRADA



Glasses, **£340**,
Fendi

Shirt,
£145,
Paul &
Joe



Coat,
£715,
Kate
Spade

Trousers,
£540,
Toga



TREND #1 GRAN DESIGNS

RUFFLES, TWEED AND
HORN-RIM SPECS
DEFINE THIS SEASON'S
CHIC GEEKS



Loafers, **£342**,
Claudie Pierlot



PAUL & JOE



Blazer, **£265**,
Gat Rimon



Watch, **£595**,
Emporio Armani

Shoes,
£550,
Prada



STYLE TIP

Quirkiness is key:
granny-up your favourite
midi skirt with closed-toe
heels and lightweight,
ankle-length socks

Cardigan,
£149,
Baum und
Pferdgarten



MIU MIU



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*MOST COMMON RATING AMONG 531 WOMEN ON Supersavvy.me.co.uk - 21/05/2015.
SOME WOMEN PROVIDED WITH PRODUCT. MODEL WEARS 8/0 MEDIUM NEUTRAL BLONDE.



100% GREY COVERAGE



THOMAS TAIT

Bag, **£865**,
JW Anderson



MARNI

Watch,
£139,
Mondaine



Trousers,
£395,
Osman



Sandals,
£265,
Pedro
García



TREND #2 WELL RED

IT'S (SCORCHING)
HOT TO BE A SCARLET
LADY THIS AUTUMN

Dress,
£395,
Joseph



Skirt, **£175**,
Gerard
Darel



Sweater,
£99.95,
Gap



STYLE TIP

Give this sweater a smarter
spin for work by layering
a classic white shirt
underneath and
exposing the collar



Coat, **£450**,
Maje



Bag, **£199**,
Karen Millen



Shoes, **£149**,
Dune Black



GUCCI

Bag,
£520,
Moschino
at Net-a-
porter.com

Bracelet,
£179, and
pendant,
£159, both
Thomas
Sabo

Skirt,
£34.99,
Mango



BALMAIN

LOEWE



Dress,
£670,
Victoria,
Victoria
Beckham



Clutch,
£895,
Jimmy
Choo

TREND #3 BORN IN THE 80S

BOLD PRINTS, METALLICS
AND BLING - AS COOL
NOW AS THEY WERE THEN

Boots,
£585,
Rupert
Sanderson



Skirt, **£70**,
French Connection



T-shirt, **£90**,
Sandro



Shoes, **£270**,
Kurt Geiger

Necklace,
£79,
Swarovski



STYLE TIP

This silver polo neck will
take you from day to
night - team with skinny
tuxedo trousers and
megawatt heels

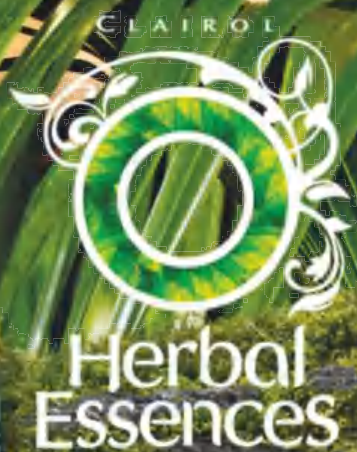
Top, **£15**,
Boohoo.com



JW ANDERSON

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1. £45, Dorothy Perkins 2. £1,100, Victoria Beckham 3. £850, Jimmy Choo 4. £275, Russell & Bromley 5. £135, Dune 6. £125, & Other Stories 7. £895, Chanel 8. £598, Laurence Dacade 9. £89, Topshop 10. About £737, Pierre Hardy



STELLA MCCARTNEY



‘Grey is a great alternative to black. Wear with a midi skirt or cropped trousers’



THE SHOE PARADE

CALEF Vs THIGH

Ankles are over. Our new favourite boots are all about the midi length, over-the-knee and beyond ▶

Fashion FIRST

1. £75, ASOS 2. £139.99, H&M Studio
3. £660, Stuart Weitzman 4. £240,
Joie 5. £110, Next 6. £259, Hobbs
7. £595, Marc Cain 8. £1,080,
Giuseppe Zanotti 9. £395, L.K. Bennett



BCBG MAX AZRIA



STYLED BY ABI SOYE ODUGESAN. PHOTOGRAPHS BY IMAXTREE. STILL LIVES BY NOHALIDEDIGITAL.COM





BURBERRY
CHILDREN

1. BLACK BEAUTIES

If your choice of colour is usually black, you're in for a treat this winter. Make sure your Gothic-glam uniform includes high-neck chiffon, floor-sweeping skirts and lashings of embroidered lace.



ALBERTA FERRETTI

GILES

ANN DEMEULEMEESTER

NEW SEASON DROPS

Statement shearling, graphic prints and the bragging-rights ankle boot: some seriously hot trends have landed for AW15. Now for the top ten...



MARNI

3. SNAKE CHARMERS

Move over patent – if you *really* want to up your arm-candy game, choose a fake snakeskin finish. From 70s saddles to boxy, ladylike shapes, as long as its got scales (fake, obvs), you're on the right track. ►



£20, Next

£59.99, Zara

£280, Ganni

£255, Marc Cain

£465, Vanessa Bruno

£149, Modalu England

2. GROOVY, BABY

Psychedelic prints are where it's at. Go bold, go big, go forth in unlikely colour combos and graphic designs. We're talking Top. To. Toe.



VALENTINO

CHRISTOPHER KANE

CHRISTOPHER KANE

DIOR

LOEWE

DIOR



TOMMY HILFIGER



COACH

£1,200,
Karen
Millen



£54.99,
New
Look



£695,
DKNY

6. WRAP IT UP

We're patiently waiting for a cold snap, and when it comes, we'll be ready with one of these fluffy numbers. Think yeti-like, think shaggy trim, think sheepskin, think neutral tones. Then think just how warm you'll be...

Necklace, £215,
Thomas Sabo

Ring, £80,
MeMe London

Earrings, £6,
Accessorize

Necklace, £6.50,
Dorothy Perkins

Earrings, £6,
Adorning
Ava

Earrings, £69,
Swarovski

Bangle, £190,
Katie Rowland for
The Shop
at Bluebird

4. PEARL POWER

If Riccardo Tisci at Givenchy says more is more when it comes to jewels, prepare to pile them on. The single earring gives way to mega hoops and chic chokers. Now is not the time to be subtle.



GIVENCHY

5. ARE YOU SUEDE YET?

From berry shades to coffee colours, suede is *the* fabric of the year. Wear with fuss-free dark denim for an instant update.

Dress, £80,
ASOS



Skirt, £199,
Autograph
at Marks
& Spencer



Jacket, £100,
Dorothy
Perkins



HERMES

7. FLOATY FROCKS

The 70s comeback is so hot, it's sticking around for AW, and midi-length or long, floaty dresses provide the perfect nod. Pick out pieces with boho accents, velvet panels, ditsy floral prints or a tiered hem. On the high street, we're snapping up the East and ASOS versions. ►



ALBERTA FERRETTI

BURBERRY PRORSUM



Discover the
Autumn Collection

Luminous warm tones that glisten in the light.
Be inspired at [pandora.net](https://www.pandora.net)

PANDORA
UNFORGETTABLE MOMENTS



ANTONIO BERARDI

8. BOOT CAMP

The heel *has* to be high, and pointy enough to poke your eye out – welcome to AW's ankle boot. Tapping into 80s fever, we love the elegance these boots lend to our midi skirts and kick-flare trousers.



£595, Casadei



£150, Kurt Geiger



£199, Karen Millen



£90, Office



£125, & Other Stories



£475, Escada



£685, Tabitha Simmons



Trousers, £32, Very.co.uk

Sandals, £45, Oasis



Dress, £58, Warehouse

9. WALLPAPER SAMPLES

One of the catwalk's biggest trends comes from that stately home you've always dreamed of owning – or its curtains, wall hangings and upholstery, to be precise. After seasons of normcore, print and pattern is back. Brocade and rich, tapestry-like fabrics are key.



Coat, £475, Tara Jarmon; blouse, £410, Acne

GUCCI



10. GET YOUR GEEK ON

Androgynous styling? Tick. Prim pussy-bow blouse? Check. Housewife bag? Natch. Throw in clumpy loafers and a bobble hat, and you have the kooky Gucci-inspired look all sewn up. Nerd glasses, optional. ■



Shoes, £320, Hugo Boss

Hat, £115, Brora



Bag, £69, Dune

Glasses, £252, Chanel



ETRO

COMPILED BY LUCIA DEBIEUX. PHOTOGRAPHS BY JASON LLOYD-EVANS, IMAXTREE, REX FEATURES. STILL LIVES BY NOHALIDEDIGITAL.COM

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DAISY DREAM

MARC JACOBS

FOREVER

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Leather sandals,
£2,065. Salvatore
Ferragamo



THE ONE SHOW GIRLS

Dance-floor divas rejoice! Your disco needs you

Photograph by BEATE SONNENBERG Styled by DES LEWIS

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Yaris Icon 3 -door 1.0 VVT-i Manual. Official Fuel Consumption Figures in mpg (l/100km): Urban 54.3 (5.2), Extra Urban 74.3 (3.8), Combined 65.7 (4.3). CO₂ Emissions 99g/km. The mpg & CO₂ figures quoted are sourced from official EU regulated test results. These are provided for comparability purposes and may not reflect your actual driving experience. Model shown is Yaris Icon 3 -door 1.0 VVT-i Manual at £12,745. Price excludes metallic paint at £495. Prices correct at time of going to press. *0% APR Representative available on new retail orders of Yaris (excluding Active) when ordered between 1 July and 30 September 2015 and registered and financed through Toyota Financial Services by 31 December 2015 on a 42 month AccessToyota (PCP) plan with 0-32% deposit. ^Payment shown is based on a 42 month AccessToyota contract with £179 customer deposit, £900 Finance Deposit Allowance and Guaranteed Future Value/Optional Final Payment. Toyota Financial Services (UK) PLC; registered office Great Burgh, Burgh Heath, Epsom, Surrey, KT18 5UZ. Authorised and regulated by the Financial Conduct Authority. Indemnities may be required. Finance subject to status to over 18s. Other finance offers are available but cannot be used in conjunction with this offer. Excess miles over contracted charged at 8p per mile. Toyota Centres are independent of Toyota Financial Services. Terms and conditions apply. Affordable finance through AccessToyota. 5 year/100,000 mile manufacturer warranty subject to terms and conditions.

£28, Dorothy Perkins

£69, Carvela

£45, ASOS

70S REVIVAL

With the 70s trend still going strong, the saddle bag is a must-have piece. It's been updated in a wide choice of colours, so try something new and move away from tan.

£35, Faith at Debenhams

£375, Coach

£795, Mulberry

£29, Accessorize

£195, Rebecca Minkoff

£25, Debenhams

£1,895, Altuzarra

IT'S IN THE BAG

From retro classics to ladylike chic, it's time to update your arm candy. Here's our round-up of autumn's swoon-worthy styles...



'I'm investing in a saddle bag, as it's a classic design that will work perfectly with my uniform jeans and T-shirts, making an everyday look feel special.'

Des Lewis,
senior style editor





£555,
Emporio
Armani



£1,200,
Paula
Cademartori

LEADING LADIES

Ladylike bags have upped their fashion game, and now come in an array of vibrant shades and fabrics – think coloured snake prints, as seen on the Marc Jacobs and Armani catwalks. The Lady just got cool.



About £1,110,
Pierre Hardy



'This winter, I'll be saying see ya to my black normcore shopper and embracing the Lady. Fingers crossed the smaller size will stop me from hoarding, too.'

Lucia Debieux,
fashion editor



£660, Longchamp



£229, Modalu



MARC JACOBS



£2,250,
Miu Miu

£3,100, Louis Vuitton



'All good things come in small, fashionable packages. I'll be reviving an old LBD with one of these beauties.'

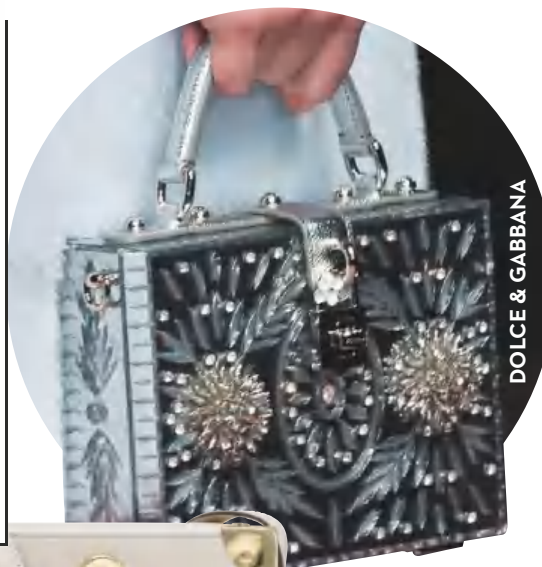
Abi Odugbesan,
senior fashion
assistant

About
£655,
Julien
David



TREASURE CHEST

OK, so they're not the most practical of bags, but they are *the* definition of arm candy and will definitely score you some fashion points. These are on the 'most likely to become a collectors' item' list, so buy now and your investment may just pay off.



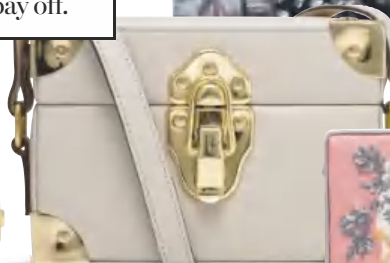
DOLCE & GABBANA



£35,
ASOS



£1,125,
MCM



£130, Reiss

About £915,
Olympia
Le-Tan



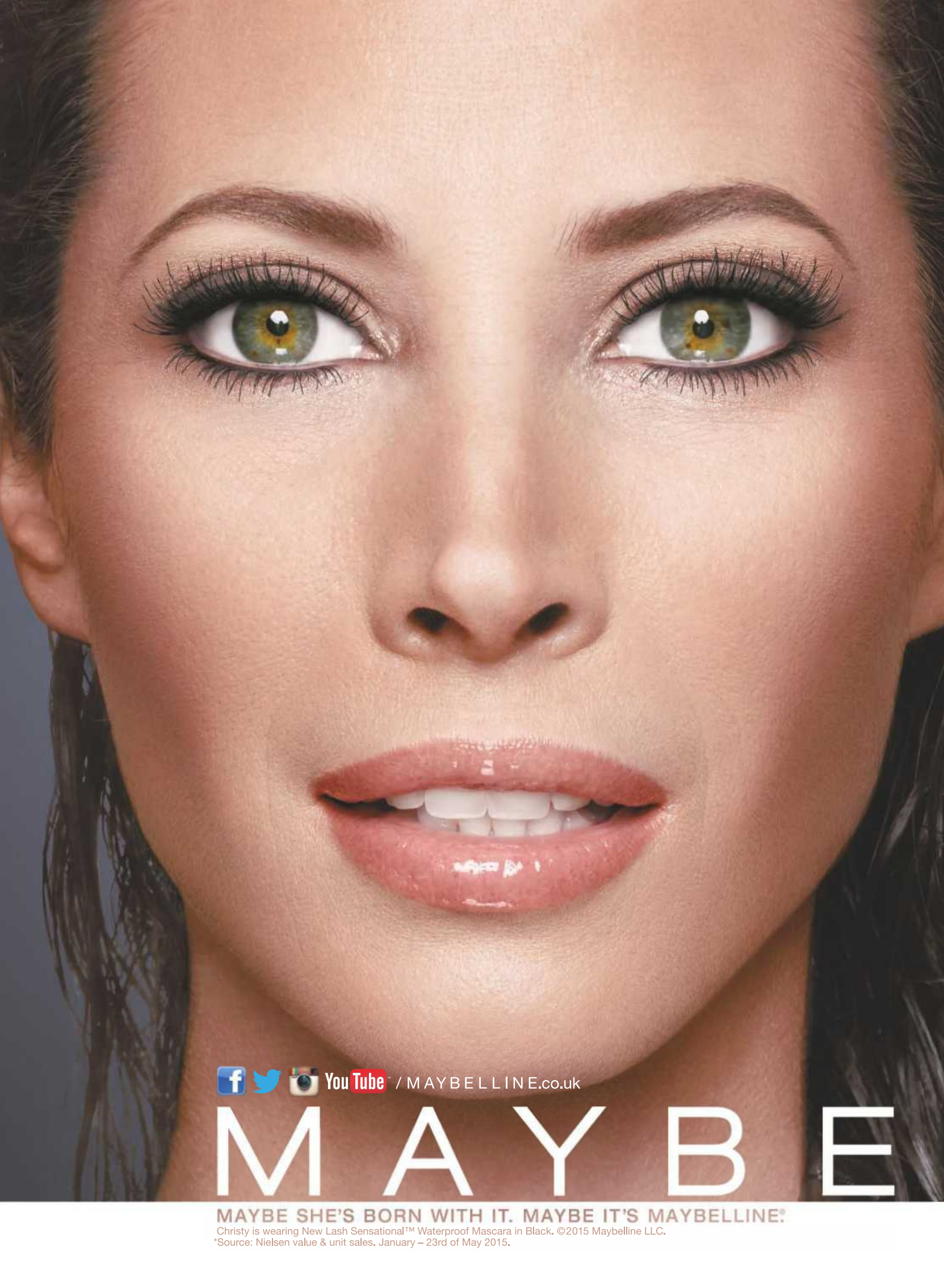
PANZANO BANGLES. STERLING SILVER AND ZIRCONIA, 18K ROSE GOLD PLATED



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Christy is wearing New Lash Sensational™ Waterproof Mascara in Black. ©2015 Maybelline LLC.

*Source: Nielsen value & unit sales, January – 23rd of May 2015.

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STYLE SPOTLIGHT JASON WU FOR BOSS

WHEN HE'S NOT WHIPPING UP DREAMY GOWNS for Michelle Obama or dressing New York's finest in his sublime cocktail dresses, Jason Wu nips to Metzingen, near Stuttgart, every month to create Hugo Boss's fashion-forward BOSS collection. It's been two years since Wu took up the challenge to reinvigorate the brand with his razor-sharp tailoring, feminine silhouettes and light, skilful touch, and his clothes have won fans in Julianne Moore, Emma Stone, Gwyneth Paltrow and Dakota Johnson.

'Hugo Boss has always excelled in really sharp, beautifully made suits,' says Wu. 'Its legacy has been menswear – the womenswear is only ten years old – so it's important for me to respect that heritage.' Not that Wu's tailoring is ever dull; from his sexy tuxedos to the sleekest trouser suits, there's a stark modernity to the designer's outlook, and he's pushing the boundaries of the brand with sinuous, sensuous dresses. Here, Wu spills the beans on Berlin-cool, his AW15 inspirations, Brit model muse Edie Campbell and the brand new Bespoke bag collection... ►



'I liked the idea of a bag that's simple, polished and clean,' Wu says of the new Bespoke Collection. 'It's a very feminine bag, but the lock – a diamond shape that twists – is inspired by a cufflink from menswear.'



BOSS AW15



Dress, £450, BOSS

'I always look at a lot of Bauhaus design,' says Wu. 'The colour-block pieces in the collection and the red and black palette were very much inspired by that. We used a raw-cut felt to create those geometric patterns.'



'Edie has a very modern look,' says Wu of his Boss muse, pictured alongside him, Jaime King and Nicola Peltz



Jacket, £700, BOSS

Trousers, £220, BOSS

Male dandies were on Wu's mood board for AW15: 'There was also an equestrian influence, with the girls in riding boots,' says the designer. 'The silhouettes are nipped in at the waist, wider at the shoulders and with a bit of shape around the hips. It's an interesting way to juxtapose the menswear idea.'

'We were using a variety of different metallics, inspired by chainmail, particularly in the last few dresses,' Wu reveals. 'I thought blue was a very nice complement to that.'



Dress, from a selection, BOSS



Bag, £895, BOSS

'Berlin is one of the most exciting places,' Wu says. 'It feels a bit like old New York; not quite finished, with a degree of rawness, very old buildings and a lot of artists. It's still a bit underground.'



JIMMY CHOO



THE ORIGINAL FRAGRANCE



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#IMWEARINGRI   



Bag,
French Connection
£95



Coat,
Very.co.uk
£79



Coat,
River Island
£95



Shoes,
New Look
£19.99

UNDER £100

HOT FUZZ

From pom-poms to patchwork – give AW15's furry trend a warm welcome



Earrings,
Rocknrose.
co.uk
£24

Collar,
Helenmoore.com
£45



Gilet, Preen
Edition at
Debenhams
£69



Scarf, ASOS
£30



Bag,
Dorothy
Perkins
£65



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STEAL
PRETTY PAISLEY
 BLOUSE, £39, Monsoon;
 dungarees, £199.99,
 H&M Studio; shoes,
 £275, Coach; earrings,
 £215, Hall; bag, £345,
 Meli Melo; ring,
 £110, Astley Clark



SPLURGE
PLUM NUMBER
 BLOUSE, £250, Frame;
 cape, about £620, Antik
 Batik; trousers, £199,
 Luisa Cerano; earrings,
 £310, Dior; ring (on
 model's right hand), £110,
 and ring (on model's
 left hand), £195, both
 Astley Clark

3 WAYS TO WEAR... PUSSY-BOW BLOUSES

Feminine and sophisticated, these designs will put you in the sartorial loop

Photographs by PETE PEDONOMOU
 Styled by LUCIA DEBIEUX



SPREE
SIMPLE FRILLS
 BLOUSE, £149, Baum
 und Pferdgarten;
 skirt, £69, Phase Eight;
 earrings, £215, Hall;
 bag, £390, Tory Burch;
 watch, £375, Gc

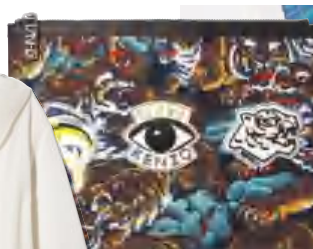
HAIR BY FABIO NOGUEIRA AT FRANK AGENCY USING BUMBLE AND BUMBLE.
 MAKE-UP BY ANDRIANI VASILIOU AT STELLA CREATIVE ARTISTS USING KIEHL'S
 SINCE 1851. MODEL: GWEN VAN MEIR AT NEXT MODEL MANAGEMENT

9 to 5

Fanny Moizant, co-founder and communications director of Vestiaire Collective, shares her sartorial pick-me-ups



Christopher Kane dress, Rupert Sanderson shoes



Gap shirt, Topshop jeans, Gianvito Rossi shoes, Hermès cuff (just seen)



Right: Moizant's go-to add-ons: Miu Miu sandals, Charlotte Olympia bag, Hermès cuffs, Cartier and Repossi rings



Bella Freud sweater, Joseph trousers, Chaumet watch, Cartier rings



My wardrobe has to make me feel confident, comfortable and French.

Basic staples like a white shirt, navy blazer, silk blouse, a great pair of heels, chic flats and a timeless bag are essential.

Vestiaire Collective [Moizant's luxury pre-owned fashion site] enables our customers to be smart shoppers.

You can recycle pieces that you no longer wear to raise funds for next season's purchases. **We started with six co-founders in Paris and have quickly grown into a global company based in four countries.** The best bit about my job is meeting new and inspiring people working in the fashion industry.

I have a fail-safe, always-feel-fabulous outfit – my white J Crew shirt with a pair of skinny jeans and Gianvito Rossi heels. I team the look with my Hermès cufflinks or Repossi rings.

1. Dress, £1,600, Hugo Boss
2. Blouse, £70, Clemence Poesy for Pablo at Vestiaire Collective
3. Clutch, £80, Kenzo at Vestiaire Collective
4. Watch, £990, Frédérique Constant
5. Bag, £79, & Other Stories
6. Shirt, £90, Tommy Hilfiger
7. Trousers, £160, Zadig & Voltaire
8. Skirt, £135, COS
9. Shoes, £625, Jérôme Dreyfuss

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Thomas Sabo

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Belted coat, £875,
Warehouse; top,
£118, John Smedley;
trousers, £40,
River Island

101 IDEAS

RETRO REBOOT

The summer was all about the 70s look, and it's here to stay for autumn. So rev up your wardrobe with furry coats, flares and geometric prints – floppy hat, optional

Photographs by BRIAN DALY / Styled by DES LEWIS



Coat, £1,290,
Masscob; top,
£260, Risto;
trousers, £99,
Boden; socks,
£16.50, Item M6;
boots, £55, ASOS

Sweater, £306,
Toga Pulla; shirt,
£59.99, Mango
Premium; skirt,
£495, Bimba
Y Lola; bag, from
a selection, Chloé



Jacket, £58,
Topshop; top, £115,
MiiH Jeans; trousers,
£29.99, H&M

Jacket, £199, Twigg for M&S Collection; dress (worn underneath), £175, and trousers, £155, both Sandro; hat, £225, Bates-hats.com; bag £50, River Island



Dress, £65, Topshop; top (worn underneath), £14.99, Lindex



Coat, £175, ASOS; sweater, £130, Rebecca Minkoff; jeans, £59.99, Mango Premium; socks, £16.50, Item M6; boots, £55, ASOS

Tank top, £216,
House of HAD;
shirt, £390, Emma
J Shipley; trousers,
£49.99, H&M
Studio; bag, £450,
Sophie Hulme





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Gilet, £1,210, Gerard
Darel; top, £20,
River Island; skirt
(just seen), £38,
Oasis; bag, £460,
Longchamp





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Wacoalingerie.com

Intuition. Style featured B-DD cup.

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Browns of York, Fenwick, Fingleaves.com, Harrods, Harvey Nichols and all good independent stores.



Coat, £99, Marks & Spencer; dress, £795, Jonathan Saunders; top (worn underneath), £65, Hobbs; tights, £6, Calzedonia; boots, £715, Theory



Jacket, £420, Sandro; top (just seen), £65, Hobbs; trousers, £750, Osman



Top, £395, Jonathan Saunders



Coat, £89.99, Mango; cardigan, £265, Risto; top (just seen), £65, & Other Stories; trousers, £235, Frame Denim



Coat, £405, Pinko; top, £14, Boohoo.com; skirt, £395, MiiH Jeans; tights, £6, Calzedonia

HAIR BY CHOCY AT ONE REPRESENTS USING MYORGANICSUK.COM. MAKE-UP BY IRENA ROGERS USING CHANEL S2015 AND CHANEL BODY EXCELLENCE. MODEL: BREE AT NEXT. BMW CSL 'BATMOBILE', COURTESY OF BMW. THE TEAM STAYED AT THE SANDS HOTEL, MARGATE. FOR RESERVATIONS, SEE SANDSHOTELMARGATE.CO.UK

A woman is seated on a wooden chair, leaning forward. She wears a brown cowboy hat, a white long-sleeved shirt with a colorful pattern of stars, horses, and a sun, and white boots. A bright yellow handbag sits on her lap. The background is a vibrant, cartoonish wallpaper featuring various cowboy motifs: riders on horses, a lasso, stars, and a red bandana. The overall aesthetic is a playful, modern take on Western Americana.

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MARIE CLAIRE GOES SHOPPING

We give you fashion's five most-coveted new launches. Consider this month's treats sorted



Bag,
£475,
Coach

2. #HOLD UP

You'll walk it this month with the help of Coach's Swagger range of carryalls. Find the brand's new store at Selfridges and bag one.



1. MARIE CLAIRE LOVES

Mango's Premium AW15 collection, inspired by music artists from the 70s, strikes the right chord. Play around with foxy browns and wide collars for a winning look.

Sweater £34.99; shirt, £59.99; jeans, £59.99; sandals, £69.99, all Mango



4. BOY BAND

Say hello to Chanel's Boy.Friend collection of timepieces. Choose from a beige-gold or white-gold case, optional bezel set with 64 cut diamonds and choice of alligator strap. We want.

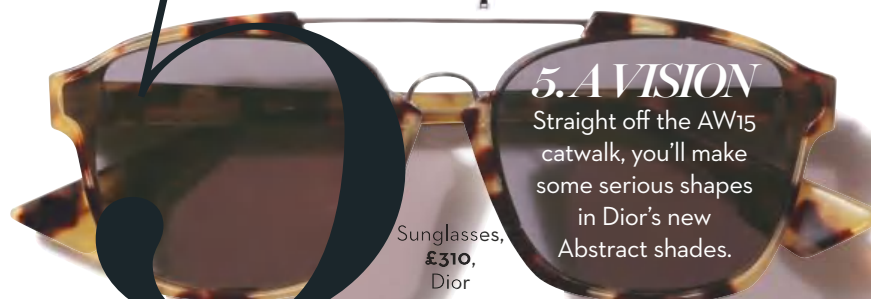
Watch,
£8,100,
Chanel

Coat,
£1,510,
Moncler



3. BOHO SELECTA

To follow this season's penchant for all things bohemian, Moncler has created a statement jacquard coat with a big nod to the vibe. Double win.



5. A VISION

Straight off the AW15 catwalk, you'll make some serious shapes in Dior's new Abstract shades.

Sunglasses,
£310,
Dior

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NEW YORK

Redefining BEAUTY

With the rise of social media and the opportunity for brave, bold, different and amazing women to put themselves out there, we're discovering a whole new normal. Join the celebration...

Photographs by **PEROU** *Interviews by* **ANITA BHAGWANDAS**

BEAUTY IS CHANGING – AND FAST. SUBVERTING THE ‘NORM’ HAS HAD its moments of glory in the past, but it’s now that the serious cultural momentum of ‘the new normal’ is growing. The backlash against perfection is palpable, and the one-size-fits-all approach to fashion and beauty is on its way out. Plus-size (and we’re talking *real* plus size, not a size 12) models like Tess Holliday and Ashley Graham are far more buzz-worthy than many of their miniscule counterparts. The recent transgender acceptance movement may have been spearheaded by Caitlyn Jenner’s public plight, but trans models like Andreja Pejić and Carmen Carrera have worked hard to become fashion-magazine regulars and bona fide style icons – Pejić is the new face of beauty brand Make Up For Ever. We spoke to four more beautiful and inspirational women who are redefining the way the world interprets femininity and beauty. Incredible doesn’t even come close...



'Two of my favourite tattoos are of a young Stephen Hawking and Albert Einstein'

Monami Frost, 21, is a Latvian vlogger and model who lives in Liverpool, @monamifrost

'People ask why I got my body modifications, but they just felt beautiful and instinctive to me. Two of my favourite tattoos on my body are of a young Stephen Hawking - which is often mistaken for Buddy Holly - and Albert Einstein. It surprises people and alters their opinion of who they think I might be, but I got them because I love physics. I do get lots of hateful comments online when I post my videos and pictures, but I don't care about them. The worst part is people thinking that my body art affects how I am as a parent to my five-year-old daughter. But at the end of the day, nobody decent would ever say or think anything like that, so I let it wash over me.' ►

'I keep it to show society that you can be diverse and live happily'

Harnaam Kaur, 24, is a body-confidence activist from Slough, @harnaamkaur

'I was first diagnosed with polycystic ovary syndrome at the age of 11, but I didn't notice the side effect of excess facial hair until other people pointed it out. Initially, I hated the hair – it's so linked to masculinity that it caused me a lot of self-esteem issues. At my lowest point, I was suicidal and I remember sitting on my bed ready to take my own life. But I realised that I can't let the bullies and society beat me. In that split second, I had to pick myself up and rebuild my life. Initially, I kept removing the hair with lasers, waxing and shaving, but it just kept coming back. Now I also keep it to show society that you can be diverse and live happily, too. So, to the bullies who put me through so much, I want to say, thank you. If it wasn't for them, I wouldn't have found self-love.'





‘It’s not as black and white as “man or woman” – it’s a spectrum’

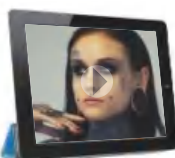
Munroe Bergdorf, 28, is a DJ from east London, @munroebergdorf

‘I was bullied when I was younger for being “different” and effeminate. But as I got older, it escalated into feeling generally unsafe. It’s not a period of my life I’d ever wish to repeat, but it made me realise that the reason [behind the] bullying was actually what makes me special. At the moment, we’re at a tipping point when it comes to gender. I think people are just starting to realise that it’s not as black and white as “man or woman” – it’s a spectrum. When making the decision to transition to a woman, I asked myself, “What would I do if I didn’t care what anyone else thought?” and that’s what everyone should do. You need to block out all those external pressures and do what’s right for you – especially when it comes to who you look at in the mirror. What got me through transitioning was the end goal, and now I just want to enjoy my life.’ ►

'Modelling has given me so much more confidence in my body'

Taylor Crisp, 20, is a model for Suicide Girls and tattoo apprentice from Leicestershire, @TaylorCupCake16

'I was born with Femur Fibula Ulna syndrome, which is a shortening of the bones. I was called names like "peg leg" at school, which was upsetting. I still get the name calling, but what hurts more is when people say I should have more dignity, and not really show myself off in "certain ways". That's part of the reason I decided to venture into lingerie modelling – to offer another point of view on sexuality. It has been worth risking the nasty comments for; it's given me so much more confidence in my body. In fact, a lady who was scheduled for an amputation messaged me and said, "Your pictures really inspire me, and just being the way that you are without letting it affect your confidence is incredible." I want to help people in a similar situation. That's what is important to me.' ■



WATCH IT FOR YOURSELF
For more from these incredible women,
go to marieclaire.co.uk

STYLED BY GRACE SMITHAM; HAIR AND MAKE-UP BY SUMAIRA LATEEF; MONAMI WEARS HER OWN JEWELLERY; HARNAAM WEARS SHIRT, £26; NEXT; MUNROE WEARS DRESS, £1,500; NATASHA ZINKO; SHOES, £495; CHRISTIAN LOUBOUTIN; TAYLOR WEARS SHIRT, £105; MARINA RINALDI; SKIRT, £22; TOPSHOP; SHOES, £175; RUSSELL & BROMLEY; EARRINGS; TAYLOR'S OWN

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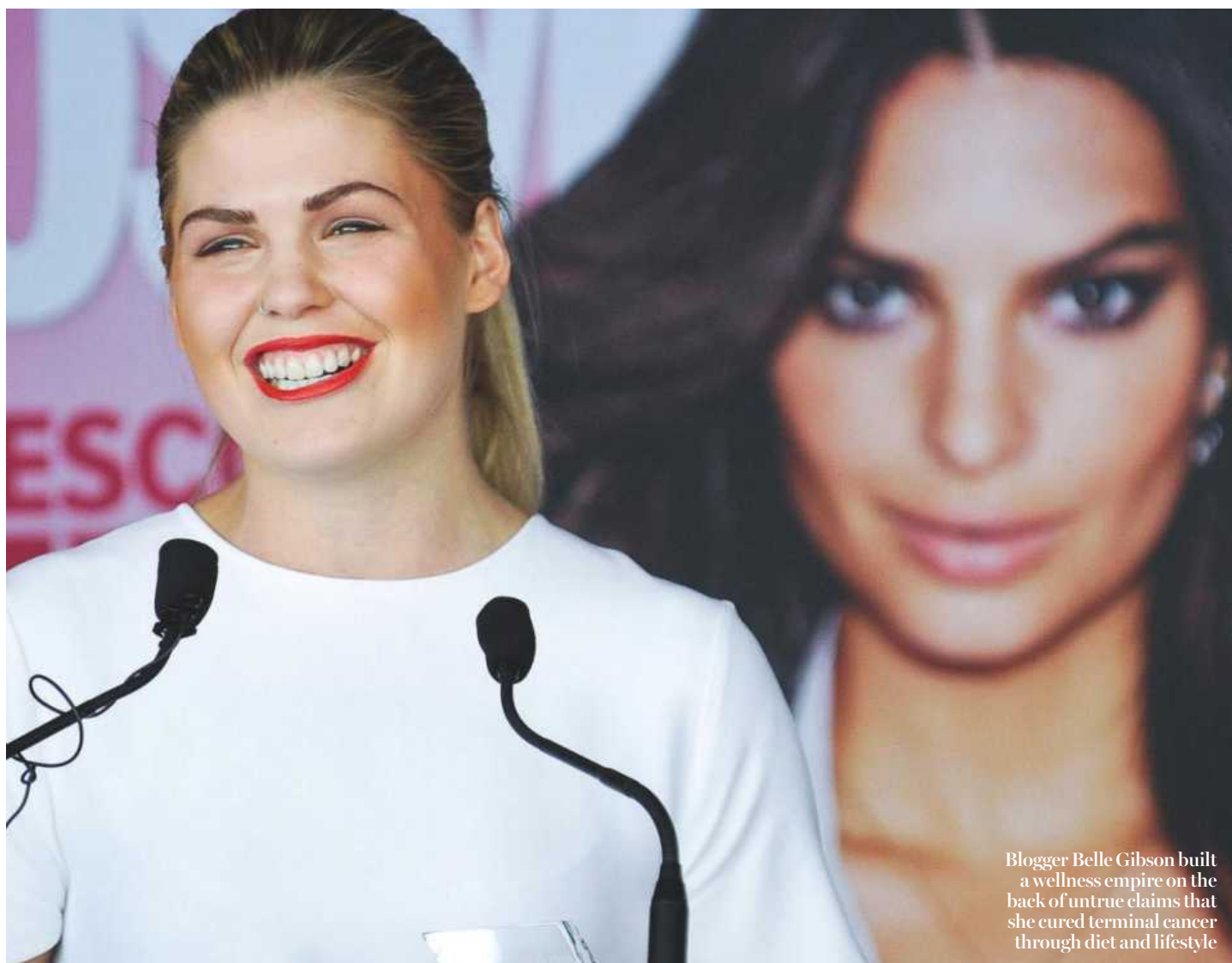
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BULLETIN

TRENDS

TALKINGPOINTS

NEWS BITES

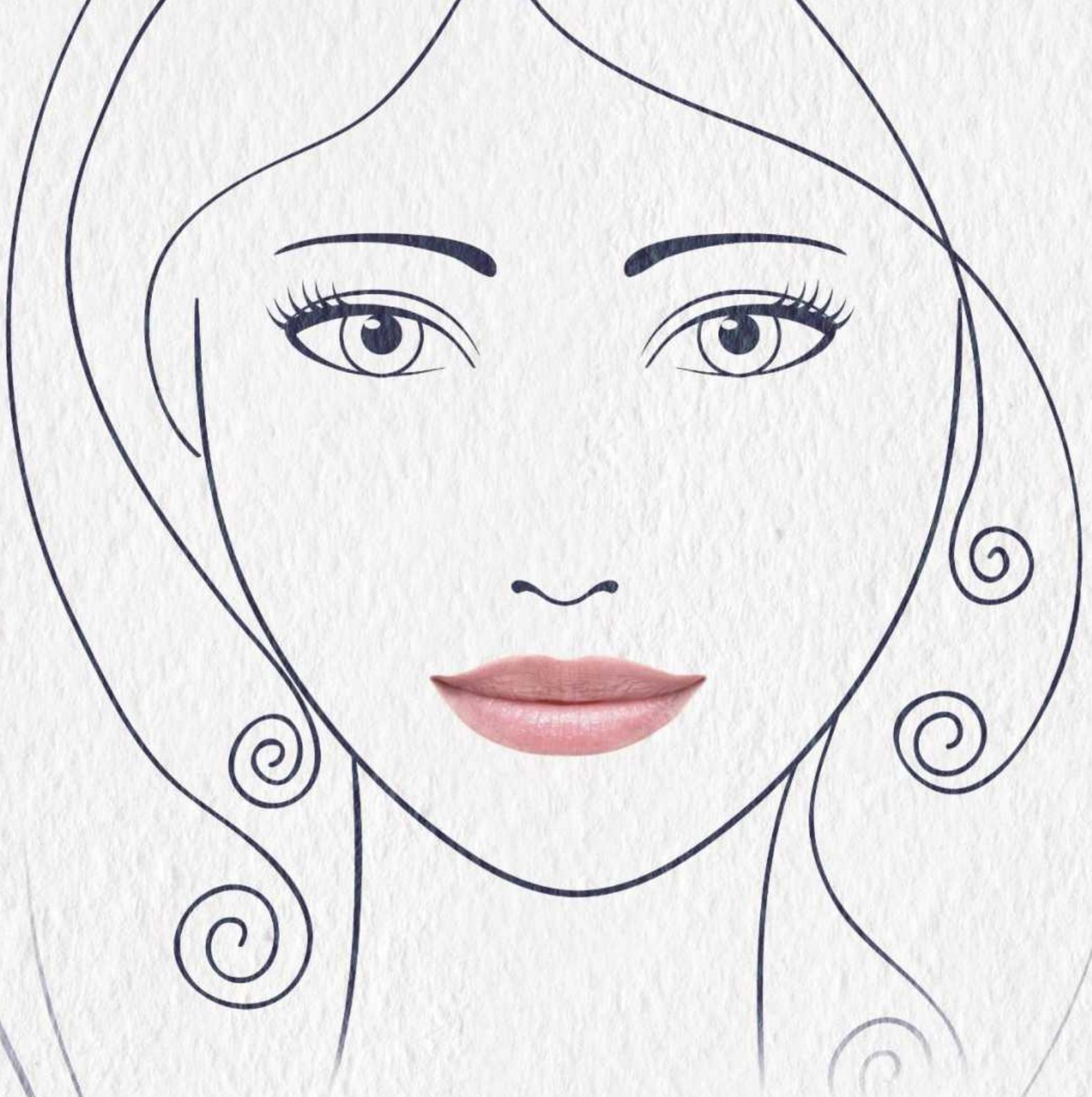


Blogger Belle Gibson built a wellness empire on the back of untrue claims that she cured terminal cancer through diet and lifestyle

LIAR LIAR

From faking a terminal illness to assuming an entirely different race, creating a 'false self' online is now easier than ever. But what makes a pathological liar, asks *Corinne Redfern*

Blinking at the TV camera, Belle Gibson looks confused. 'No, I didn't [have cancer],' the Australian food blogger admits. 'But I thought that I did.' Meanwhile, 8,000 miles away in Washington, Caucasian Rachel Dolezal bats off question after question about her racial heritage. 'I definitely am not white,' she responds, appearing anxious as it's revealed that she has been presenting herself as an African-American since 2004. A few states below in California, 29-year-old Denise Huskins is currently dealing with accusations ►



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Rachel Dolezal (left) claimed to be African-American, while Alicia Esteve Head (above) lied about surviving 9/11

lying is far broader, and tends to involve self-aggrandising lies about personal characteristics and experiences. 'The internet definitely makes it easier for individuals to falsely claim victimisation

or illness,' Feldman explains. 'I've termed it "Munchausen by internet", because with so many people on hand to give you attention, it can be very seductive to sit at your computer and tell tales to make you feel part of something.'

For Gibson and Dolezal, who are both estranged from their parents, unhappy childhoods appear to be at the root of their deceit. But Feldman believes that while that may explain their behaviour, it doesn't excuse it. 'In many cases involving pathological liars, their actions are very deliberate. If you look at Belle Gibson, her deception created a small empire, and was something she carried out very consciously,' he says. 'Whatever the psychology behind it, I believe that actions should have consequences. But ultimately, you can't prosecute somebody for stealing your deception or sympathy.'

While Munchausen Syndrome refers specifically to faking an illness – and even going as far as seeking medical treatment for it – pathological

Wonder Woman



DR ANGELICA LIM 31, leading researcher in emotional robotics

My motivation

'Emotional robotics is about making robots take into account how we feel. There are more women in this field than men, and I love the fact that my work may help fix the world's problems.'

My inspiration

'I spent a year in France, helping to create underwater robots that could detect mines. That's when I caught the bug to design social robots. My inspiration was Rosie from *The Jetsons* – she was funny and helped around the house.'

My proudest moment

'I assisted in inventing Pepper, one of the first robots for mainstream consumers. Many older, single women in Japan have bought it because he can look out for them when they're at home alone, chat and send messages to their family. Pepper can also dance and read the facial expressions of others.'

My colleagues

'I'm a member of groups where women in science can support each other, become our own greatest champions and see that we do belong here.' ►

SUN SALUTATIONS

In a bid to transform lives across Kenya, the Africa Yoga Project (africayogaproject.org) is offering free classes to men and women of all backgrounds. Now empowering 6,000 people in 300 locations on a weekly basis, the project is reporting an increase in personal health, a boost in community spirit and improved racial tensions across the nation. We'll om to that.



GO WITH THE FLOW

A new wave of French women are ditching sanitary products altogether – and they reckon that we should, too

Hands up who remembers last year's infamous internet hoax that saw 'feminists' ditching sanitary products in favour of 'bleeding freely' (and messily)? But while that scam predictably fizzled out in a matter of weeks, 'instinctive bleeding' is actually France's newest trend in gynaecological health. Led by beauty YouTuber Mini Wlosy, who vlogs under Les Cheveux de Mini [Mini's Hair], women across the country have been binning their tampons for good, citing environmental reasons – not to mention the convenience factor.

HOW IT WORKS

'The principle is that instead of using tampons, pads or other protection that we're totally dependent upon, you learn to know your body, to control it and then let yourself bleed freely when you go to the toilet,' Wlosy explains in her YouTube video, adding that she's been following the practice for over a year, and no longer has any 'accidents'. 'It's very simple, but it does take a few months to get used to. When you're on your period, you're not actually bleeding continually. Instinctive bleeding is all about listening to your body so you know when you need to release your period. It's just like when you're little and learn not to wet the bed.'

WHAT'S THE POINT?

Considering that the average woman uses over 11,000 tampons in her lifetime, and spends more than £3,000 on sanitary products, if the technique really works, it could revolutionise menstrual health around the world.

'I've never had a patient who relies on this method, but it all comes down to incredibly strong pelvic floor muscles,' explains consultant gynaecologist Dr Karen Horton. 'For women who suffer from heavy periods, or who have given birth, this probably wouldn't be possible. But I can't see there being any side effects and in terms of the environment, it's wonderful. Also, the French are very preoccupied with keeping their vagina in shape, so I'm not too surprised that this is where the trend emerged.'

Something tells us we need a few more pairs of black pants before we give this a go.



Women in Nepal are being taught basic survival skills in case of further natural disasters

SURVIVAL 101

New data from the UN has revealed that more women die in natural disasters than men, simply because they're raised not to run, swim or climb, making it difficult to escape to safety – and to survive in the aftermath.

Following the earthquake in April, police in Nepal have launched free self-defence classes for women, while

World Vision UK has dedicated teams teaching basic survival skills, in case of any future disasters.

APPY EVER AFTER

Forget using them to find potential partners – now apps will do all the dating for you

The app that makes you a better person: Hero Boyfriend

We hoped men would learn how to treat women through respect for their mothers and an intrinsic decency. Instead, it seems to require an app, which recommends presents and dates, and gives reminders to clean. None of the Brontës painted this picture of love, none of them. Heroboyfriend.com

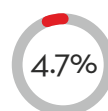
The app that dumps people for you: Binder

This makes a break-up by text seem rather quaint and romantic. Because with Binder, you're not even involved. Fill in your dumppee's details and the reasons for said dumping and bam: Binder will deliver the news to them. Go-binder.com

The app that saves you from real-life dating: Invisible Girlfriend

If being set up by your friends and scouring dating sites is beginning to take its toll, the company behind this app has another solution: invent a partner! Invisiblegirlfriend.com

SEXISM ON THE SILVER SCREEN



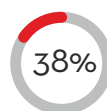
The percentage of major films directed by women between 2009 and 2013



of all female characters in film are under the age of 40



The percentage of female protagonists featured in the top grossing films of 2014



The percentage of films in 2014 that employed no women – or only one woman – in major production roles



The number of women nominated for Best Director at the Oscars (and only one has ever won it)



Collectively, the top-ten highest-paid actors make 2.5 times as much money as the top-ten paid actresses.



3 in 10 female film characters are described as 'sexy'. ■



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PHILIPS

Professor Dame Carol Robinson
2015 Laureate for United Kingdom
By Brigitte Lacombe



Science needs women

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AWARDS

Dame Carol Robinson, Professor of Chemistry at Oxford University, invented a ground-breaking method for studying how membrane proteins function, which play a critical role in the human body. Throughout the world, exceptional women are at the heart of major scientific advances.

For 17 years, L'Oréal has been running the L'Oréal-UNESCO For Women In Science programme, honouring exceptional women from around the world. Over 2000 women from over 100 countries have received our support to continue to move science forward and inspire future generations.

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MEET YOUR NEW CAREER MENTOR *THE BUSINESS GURU*

Michelle Kennedy, 32, is deputy CEO of Badoo, the friendship/dating network with more than 250 million users. She joined Badoo four years ago as head of legal and now oversees all departments, including HR, legal and marketing.

WORK EXPERIENCE IS VITAL.

I used to watch *Ally McBeal* and think, 'That is what I want to do.' I wanted to be a litigator [filing lawsuits against people] like her, but when I started working I realised it's nothing like that in real life. I soon learned I was more interested in being in court.

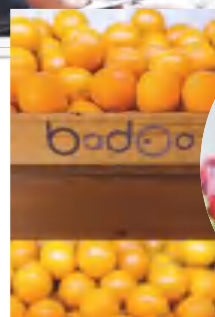
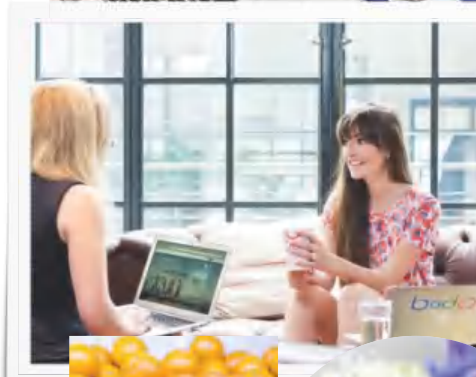
YOU MAKE CONTACTS IN THE STRANGEST PLACES, so speak to as many people as you can. That's how I went from being a solicitor at law firm Mishcon de Reya to working at Badoo. I couldn't be further from being a litigator now, so be open to everything.

BELIEVE IN YOUR IDEAS AND DEVELOP A THICK SKIN. You need to let people criticise you. Andrey Andreev [Badoo founder] thinks about things in a completely different way to me, but we complement each other. If I have a concept I really believe in, I take on board what people say, but I'm also resilient.

INFORMATION IS YOUR MOST POWERFUL WEAPON. This is key when someone presents you with a barrier. I'm a working mum, but I've been learning how to code through online course Dash. If you read up on it and learn the basics, that little bit of information will disarm people when they say you can't do the job.

I ASK SILLY QUESTIONS EVERY DAY. Question everything. If someone at your company knows that you want to learn more, they'll always teach you. People are often too afraid to admit they don't understand something because they don't want to appear stupid.

EVERYONE HAS AN IDEA – your barista, the receptionist, office colleagues. I talk to a lot of people all the time, because you never know where your next brainwave is going to come from.



HOW I MAKE IT WORK

FIRST THING

I wake up at 6.30am and check my emails.



WORK WARDROBE

Stripy knitted Stella McCartney sweater, Paige jeans and Gianvito Rossi heels.



INSTA-LUNCH
An Ottolenghi-style salad with beetroot and falafel.

WORKOUT

My yoga instructor is based in Portugal, so we Skype every morning.



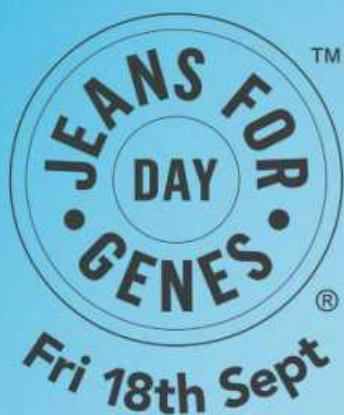
SWITCH OFF

A glass of red wine while watching *The Good Wife*.



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Designed by Ellie McKee, Edinburgh College of Art. Modelled by Angela Scanlon.

WHAT'S WRONG WITH THIS PICTURE?

On the one hand, this is a lovely photo of a topless David Gandy. But if this was a woman, we'd be kicking off. So, are we hypocrites?

Daisy Buchanan
investigates whether it's
ever OK to objectify men



HURRAH FOR THE SUMMER! IF you're a straight woman, as soon as the sun comes out, so does the eye candy. *Game of Thrones* devotees can park up by the nearest gym and wait until a Kit Harington lookalike drops his towel. If you like something a little less chiselled, beaches from Miami to Margate are crawling with specimens of 'Dad Bod' – formerly fit men who clearly enjoy beer and ice cream. And if you can't see anything you like, you can always fly to Dallas and visit its new restaurant, Tallywackers – dubbed 'Hooters for women', it's staffed by topless men in tiny shorts.

We know: 'Women fancy men!' is about as big a news story as 'Commuters prefer car to penny-farthing.' But there has been a shift in the way we express our attraction – we're becoming increasingly sexually and

aesthetically focused. It's not just your rude friends embarrassing you in bars with their innuendo; it's happening in the workplace, in parks and on buses. Recently, I was in an office with a life-size cardboard cut-out of an oiled, pant-clad David Gandy. If we'd had to work with a similar image of Gandy's Marks & Spencer-model colleague Rosie Huntington-Whiteley, there would have been a riot. In reality, the conversation we had about this was followed by an irony-free chat about Jamie Dornan's chest. So, why are so many of us talking about men in a way in which we'd never want to hear anyone discussing women?

The truth is, reducing anyone to their body, and how that fits into your wishes for sexual gratification, is always sexist. Kit Harington was explicit about this in

a *Marie Claire* interview last July, when he said, 'I don't think it's so different for men. When you're a young, male actor in a certain role, people still ogle over you... But, like any young female actor, that's not what I'm aiming for.'

You could argue that Harington is a powerful Hollywood star, and being asked about his sexiness doesn't make him feel as powerless as we do when we walk past a building site wearing shorts. With abs like that, does he really care what we think about his craft? Of course he does! If I acquired Beyoncé's body overnight, I wouldn't want people to stop reading my writing because they'd rather look at pictures of me wearing a bikini instead.

It's a question of respect, and reducing men to their sexuality, in the way that ►

SEXUAL POLITICS

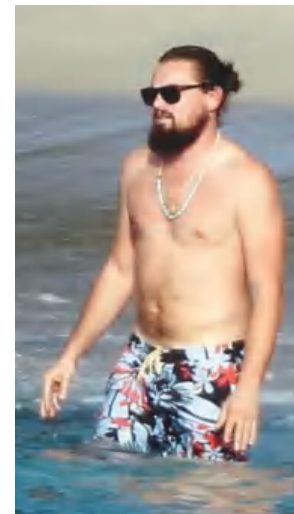
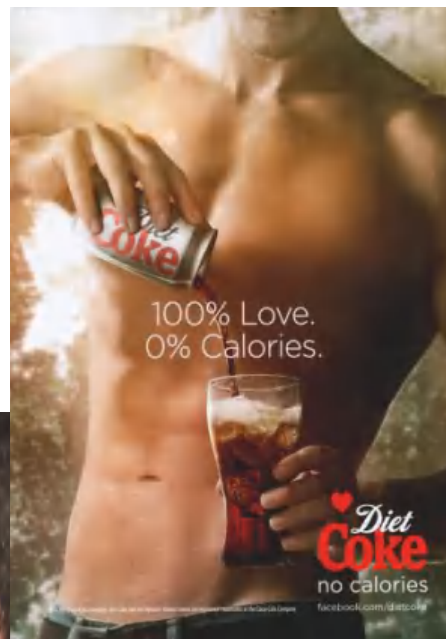
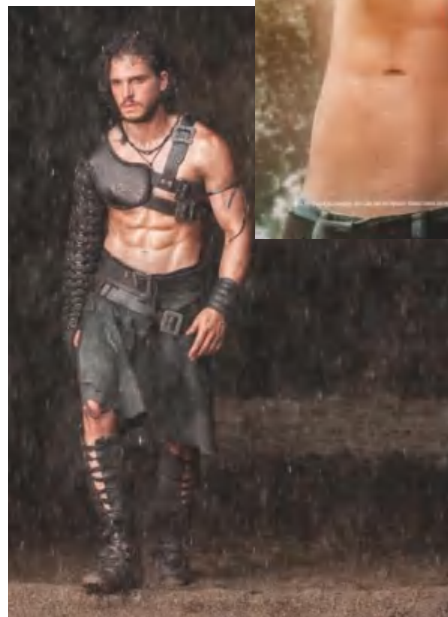
they have historically reduced us, doubly diminishes everyone's dignity. It's not a win for feminism, just an extra helping of sexism. Part of the problem is that we lack a language for discussing desire. We want a world in which we acknowledge sex as glorious, and men and women feel confident about expressing erotic urges. What we've ended up with is a world where both sexes think the best way to do this is to yell, 'Phwoar! I would', while the object of their lust goes red and runs away.

However, there is a difference. When we objectify men, their economic and professional power isn't reduced or threatened. In 2013, research by Equality Now showed that more than half of women were being discriminated against in the workplace, with just over one in ten experiencing sexual harassment in their jobs. Plus, the gender pay gap has widened for the first time in five years. Even among MBA graduates, where the gap narrows, men are awarded bonuses that are typically twice as much as their female counterparts'. Last year's Sony email leak showed that Jennifer Lawrence was being paid less than her male co-stars, despite being the top box-office-grossing performer, male or female, of 2014.

Historically, women have been valued for their sexual and reproductive power. It's relatively new for us to be in the workplace and our economic status is fragile, so when we're objectified it sets us back. Men, on the other hand, are coming from a position of strength. We exist within a power structure focused on male supremacy – just look at a boardroom, the White House or the House of Commons. Objectifying a man is problematic in various ways, but it isn't going to alter the power structure, whereas females are still valued in a binary way – are they sexually attractive, or not? As a growing minority of women, such as Theresa May, Nicola Sturgeon and Angela Merkel, enter these power spheres, their assumed lack of attractiveness is used against them. Men don't typically experience that.

Professor Mary Evans of the London School of Economics' gender institute explains, 'For men, attractiveness is an add on, in the sense that it adds to whatever other competence they have. For women, attractiveness is it. There isn't the same recognition of other strengths.' Her ideas are echoed by writer Amanda Hess, who has explored how this affects athletes. 'Unlike their under-watched, underpaid female counterparts, male athletes don't need to be good-looking to get media

Clockwise from right: That Diet Coke ad, which may not be empowering after all; Leonardo DiCaprio isn't afraid to reveal his 'dad bod'; Kit Harington has been vocal about male objectification



'WHEN WE OBJECTIFY MEN, THEIR ECONOMIC POWER ISN'T THREATENED'

coverage and corporate endorsements,' she says. The most financially successful female athlete of 2015 isn't tennis' world number-one Serena Williams, but former beauty queen Maria Sharapova. Search Sharapova on Google and you're shown model-portfolio pictures. Look for the highest-paid male athlete, Floyd Mayweather (who earns ten times what Sharapova earns, according to Forbes) and you get a list of titles and boxing achievements.

Chris Fromer, an advertising creative who has been in the industry for over 25 years, isn't surprised. 'Advertising is rife with sexism, and every decision comes down to money,' he says. 'We know men have more of it, so most products are targeted at them. And if you want to make a man spend, you show him a beautiful woman. Billions have been spent to maintain this status quo. The Diet Coke ad [pictured above] is one of a kind. I think it's marketing genius, and makes lots of men uncomfortable, because it flips

a situation and forces them to consider what it's like to be a woman. But I also think there's a dark, sexist truth at the heart of it. Sure, there's something refreshing about a buff guy being used to sell to women, but he's selling a "diet" product. The ad is still warning women that if they want to be on the same sexual playing field as the hot guy, they have to be body conscious and plan to lose weight.'

Another possibility is that men will envy the Diet Coke man and think, 'I'd love it if women drooled over me. Therefore when I drool over women, it's a huge compliment!' But Fiona Elvines, operations co-ordinator at Rape Crisis, says, 'Women are coping daily with a threat of rape, which men aren't... while men might find [objectification] annoying, it doesn't have that scary meaning.' Women are socialised to worry, and fear the worst about attention from male strangers. We hope that most men would never dream of threatening a woman, and of course there have been instances where women have attacked men, but author Margaret Atwood expressed it best: 'Men are afraid that women will laugh at them. Women are afraid that men will kill them.'

Ultimately, we still don't have sexual, social or economic equality – and making men feel like pieces of meat is not the way to reach it. Everyone deserves to be treated with dignity, and if we fail to do this, we send out a message that says we're happy to live in a world in which everyone is valued entirely for their sexual capital. But as long as Kit Harington's chest isn't causing him to be paid less than his female counterparts, and Hollywood hackers aren't threatening to 'shame' him by leaking nude images, I don't think he can complain too much if we engage in a little respectful, from-a-distance perving. ■

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'Another glass?'
'Bottle?'

SO... WHAT ARE YOU HAVING?

Drinking, not drinking, then drinking again. *Bryony Gordon* wonders how we can find our happy place with alcohol

On a cold morning in February I wake with a start from a recurring nightmare. I'm out with friends, at a bar, drinking. I start with beer, move on to wine and end the evening with shots. I dance on tables, kiss men who aren't my husband and vomit on my clothes. It's telling that my dream nowadays involves drinking – a once simple act that has come to fill me with nothing but guilt and regret.

Like many women I know, my most committed relationship during my twenties was with white wine. And it's not just my friends and me: about a quarter of women surveyed by the NHS in 2012 had drunk more than twice the lower risk guideline of units the week before they'd been interviewed. In 2013, it was estimated that 34 per cent of British women were 'high-risk drinkers', consuming more than 35 units a week. My friends and I drank wine by the gallon – when job interviews failed and men were unfaithful, help was always on hand in the form of a large glass of Sauvignon Blanc. But over the years, that large glass became the whole bottle. By the time I met my husband, I could easily put back a bottle and a half of an evening, several nights a week. It was a relief when I got pregnant and could retire from the game.

I didn't miss booze one bit but after my daughter was born, I slipped back. Before I knew it I was counting down the afternoons of my maternity leave until 7pm, when I could indulge.

And then, yes, I decided I'd had enough again, and took a temporary break of several months, worried at first that people might think me dull. Friend after friend admitted that they, too, were giving their livers a rest.

Dr Sarah Jarvis, who works for the charity Drink Aware, says that the women who drink the most – the younger bingers who don't drink very often, and the over-45s who drink regularly but not heavily – have

'By the time I met my husband I could easily put back a bottle and a half of wine an evening'

something in common. 'They often underestimate their drinking and think a glass of wine is one unit,' she says. It's thought that 53 per cent of women have drunk more than their recommended daily intake in the last week. Rather startlingly, she adds that a unit of alcohol each day increases your risk of breast cancer by seven to 11 per cent. Lord.

The Office for National Statistics says that the under-24s are shunning excessive drinking and that this may be partly due to fear of social-media shaming. I meet others who've become disillusioned with alcohol. Like Laura Willoughby, a young woman who started up Club Soda, an online social group for people who don't

want to drink. And then there's the rise of alcohol-free bars, like Redemption, where you're encouraged to 'spoil yourself without spoiling yourself'.

But I want to know why we can't find our happy place without swinging from one extreme to the other – heavy drinking followed by months of guilt-fuelled abstinence. There has to be a middle way, surely? A way that makes it possible to have a happy, relaxed attitude to alcohol.

'There is,' says Dr Paul McLaren, medical director at Hayes Grove Priory. 'Think about your relationship with alcohol and be honest with yourself. If you're feeling guilty about drinking, or it's become a central part of your life and you want to change that, it doesn't mean never drinking again.'

'We say to ourselves, "how can I possibly have a lovely dinner without a glass of wine?" but is this what you really believe? Challenge that idea. Try it. Cultivate behaviour around alcohol that shows you're in control and have choices.'

Dr McLaren says that non-drinking days are far easier to sustain than sticking to "just the one". 'Once you're drinking that first glass, the reward centres in your brain have fired up, so it's harder to stop. Unless you have a real addiction, the most reliable way to reduce your drinking is by having days when you just don't. If you have good friends, they won't have a problem with you saying, "You know, I'm not drinking tonight." It's worth a try. ►

A DROP OR TWO, THROUGH THE AGES

750 BC

The Romans believe wine makes women adulterous, so female drinking is punishable by death. Male relatives kiss their womenfolk to check they haven't had a tipple.



Middle Ages

Thanks to poor public sanitation, alcohol is the preferred method for avoiding water-borne diseases such as cholera. Beer is popular with men, women and children of all classes.



1500-1600

Up to 80,000 'witches' are executed by European governments, though many women are distilling spirits, not practising sorcery. (All those bubbling cauldrons? They were fermenting yeast.)



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THE DRINKING DIARIES

Five *Marie Claire* readers from around the globe reveal how they view alcohol and whether they could ever actually give it up. By *Alia O'Neill*



BURGUNDY, FRANCE

Barbara Louchart

Occupation Teaching assistant

Age 29

How many drinks have you had in the past week?

'I had two Baileys with ice on Saturday. Unusually for a French person, I hardly drink wine. I'm from Normandy (which is renowned for cider and calvados), and when I moved to Burgundy I was obliged to drink wine. Burgundy's wine-making constitutes a large part of the economy. Your neighbour would find it very odd if you drank alcohol but not wine.'

Do you drink more than you used to?

'A lot less. When I was younger I partied every weekend. I'd have whisky, vodka, Desperados beer. I don't miss drinking at all really. From time to time, it does me good. It's relaxing and euphoric, and you can say things that you wouldn't say sober. There's limits, though. I have no time for people who are nasty drunks.'

When did you last have a hangover?

'New Year's Eve before last. Like everyone, the next day was hard.'

How important is drink to you?

'Not important at all. If I had to give up drink for a year, it wouldn't bother me.'

Finish the sentence. Alcohol makes me... 'Cheerful.'

DUBAI, UAE

Zahra Lyla Khalil

Occupation Consultant and blogger on justlyla.com

Age 30

How many drinks have you had in the past week?

'As a Muslim, I don't drink.'

Have you ever tried alcohol?

'I'll confess, during my college years I would enjoy a couple of drinks at the weekend. Like most teenagers, I did this without my parents' knowledge. I'd use alcohol to loosen up. It was a short phase I went through, but drinking wasn't as enjoyable as I'd imagined.'

Where can Dubai citizens go to drink?

'To restaurants that offer alcoholic drinks, which are always in hotels. They'll usually go out at the weekend, especially on Fridays for brunch, which is also popular here with the expats, because the restaurants offer unlimited alcohol. It gets crazy and embarrassing, to be honest.'

What do you think of the ex-pat drinking culture in Dubai?

'I think expats get carried away with their drinking here. There are so many unlimited-drink offers, things get messy. Everyone should respect the culture of any city they visit.'



TOKYO, JAPAN

Eiko Yabe

Occupation Educational consultant

Age 29

How many drinks have you had in the past week?

'Three pints of beer, four glasses of Shaoxing rice wine and two of red wine.'

Do you drink more than you used to?

'No. Japanese people have less of the enzyme that breaks down alcohol, so we get Asian flush – a sort of redness, but we still drink a lot of sake. I went to university in the UK and my alcohol tolerance rocketed. When I returned to Japan and started work, I couldn't get by without drinking most nights. It's typical in Tokyo to eat out at *izakayas* [informal venues that serve food to accompany drinks] after work. The service is quick and you can be as loud as you like.'

When did you last have a hangover?

'Two weeks ago, after a trip to a new craft beer bar in Tokyo.'

How important is drink to you?

'It plays a vital role in the lifestyle I lead now. Also, the seniority system that Japanese people usually follow is put aside when alcohol is poured, so it gives young people the chance to interact with those who are older without breaking the rules.'

Finish the sentence. Alcohol makes me... 'Unrestrained.' ►

1800s

Have a glass of champagne while pregnant – in fact, it's considered to be excellent for your baby's development.



WW1

There's a rise in female drinkers in pubs and the government suggests that establishments remove partitions in venues so that there can be no 'secret' drinking.



1953

Babycham is the first drink aimed at women. The 'champagne perry' becomes a symbol of aspirational post-war Britain and, by the 60s, an ad shows a woman saying, 'I'd love a Babycham.'



1964

'Don't ask a man to drink and drive,' admonishes the first TV ad that attempts to change public attitudes. It's not until 1967 that a legal drink-drive limit is set.



'I'M ALWAYS THE SOBER FRIEND'

Lauren Bravo can't drink due to medical reasons, which gives her a new perspective on party night

'Like a friend who suddenly stops inviting you to parties and never explains why, I fell out with booze at the age of 22. A couple of beers would leave me feeling so grim that I could barely leave the house.'

'I suspected this sudden intolerance was as much about my emetophobia (fear and anxiety of being sick) as it was about my liver. I've spent my life determinedly avoiding anything that might make me throw up, and just the dread of a queasy morning commute is enough to kick my symptoms up a gear. And so I've become the token teetotaler, nursing a soda and lime while explaining for the 879th time that yes, I have tried Alka-Seltzer and no, it's not a religious thing.'

'I've danced sober, I've karaoked sober, and I've smiled stoically as people yell, "Omigod I can't believe you're sober!" in my face.'

'Reactions from other people fall into those who judge me as boring and smug, and those who assume I'm judging them. While new people still eye me suspiciously when I turn down a frozen margarita, my close friends don't care. Some even seem grateful that I've taken one for the team, providing a sober ally for the times they're on antibiotics. At weddings, I'm the person who'll gently explain that the best man looks a lot less like Poldark than you think.'

'So, at the ripe old age of 27, I've accepted my sober state. I still miss alcohol, but even the most delicious Aperol spritz in the world isn't worth that nagging, ongoing argument between my body and mind.'



KENTUCKY, USA

Brooke Waldron

Occupation Nanny

Age 34

How many drinks have you had in the past week?

'Two vodkas with a splash of cranberry, six Bud Lights and four glasses of prosecco.'

Do you drink more than you used to?

'Definitely less. I don't bounce back like I used to in my twenties. The hangovers are a lot worse. Also, I work too much to let loose. Being a nanny, I'm responsible for other people's children and there's no place for being even slightly fuzzy headed in my job. I have to be 100 per cent focused, especially in case there's an emergency. I would feel awful if something were to happen and I knew I hadn't responded quickly enough to an emergency situation because I'd had a few too many the night before. These things always happen in a split second.'

When did you last have a hangover?

'Last Saturday – it was a "must wear sunglasses to open the fridge" kind of day. Truly awful.'

How important is drink to you?

'It's five out of ten on an importance scale to me. It's fun, but in moderation. You need to ask yourself: "Am I a happy, mean or an emotional drunk?" I'd be disappointed to have to give it up for a year, especially if all of my friends were drinking around me, but I've done it before for a cleansing diet. My main thing is, never drink and drive.'

Finish the sentence. Alcohol makes me... 'Dance.'

NEW DELHI, INDIA

Pankhuri Joshi

Occupation Founder and CEO of bestofthebump.com

Age 28

How many drinks have you had in the past week?

'One glass of wine and three daiquiris.'

Do you drink more than you used to?

'Less. Before, I was a student and had more time for hangovers the next day. Now I am working and have responsibilities.'

When did you last have a hangover?

'It was at least five months ago.'

Where do you drink?

'In clubs, restaurants and at home.'

How important is drink to you?

'My attitude to drinking is pretty neutral. Yes of course you get a high on it, which in turn makes you feel pretty good, but if I have a lot of work on then I generally choose not to partake. At the same time, it's a great way to celebrate. I love opening a bottle of champagne when there's good news. Unlike my student days, having a glass of wine over dinner with a client is more important to me now than social drinking. So is sharing a bottle of wine at a romantic dinner with my husband. I think every woman is mentally prepared to give up alcohol for at least one year of her life, as she knows she can't drink once she is planning to have a baby. If I had a specific reason, I'd be happy to give it up, but if quitting were imposed on me, I wouldn't embrace it so readily.'

Finish the sentence. Alcohol makes me... 'Celebrate.' ■



1973

Drinking while pregnant? Up to now, nobody questions it. But then a University of Washington study identifies a group of physical and mental birth defects caused by women drinking while pregnant (later called Foetal Alcohol Syndrome).

1990

Carrie and co start knocking back cosmopolitans in *Sex And The City*, and the drink's popularity soars. Later, Carrie ditches cosmos, complaining that everyone else has started drinking them too.



1993

Alcopops, like Bacardi Breezer and Smirnoff Ice, launch in the UK for the female market. Their bright colours and sweetness are blamed for underage drinking, causing a tabloid outcry.



Today

Figures show 16-24 year-olds no longer consider it cool to get drunk. So who is drinking more now? Professional British women: the heaviest female drinkers in the Western world.



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‘I couldn’t get published until I became a stripper’

She won an Oscar for the first screenplay she ever penned, and her latest film stars Meryl Streep. Writer **DIABLO CODY** recalls the milestones and meltdowns of a career less ordinary

Words by MARY H.K. CHOI Photograph by MARK SELIGER

‘ARE YOU GOING TO FREAK OUT IF I get real food?’ Diablo Cody, aka Brook Busey-Maurio, aka the writer, director, producer and former stripper who took Hollywood by storm, wants to know if we’re eating like normal people or LA people. Draped in a long, black Grecian column dress, with a ring glistening on each finger, for lunch in a grill restaurant in Studio City, today she has pink hair and – disarmingly – is also wearing a scrunchie. ‘You can’t talk shit about scrunchies to me,’ she says. ‘They’re the best.’ She’s not wrong.

Most of us know the auteur’s story by now, but if you don’t, Cody, 37, parlayed a stripping career in Minneapolis into a cult blog that caught the eye of producer Mason Novick, who asked her to try her hand at screenwriting. The resulting film, an emo, genre-busting tale of teen pregnancy called *Juno*, won an Academy Award in 2008 for the script. She’s since specialised in dazzlingly complicated female characters in movies such as

Young Adult, *Jennifer’s Body* and *Paradise* (which she directed while pregnant with her second son). She’s expecting her third child (another boy) in September, and is celebrating a further milestone, making a movie called *Ricki And The Flash* – about an ageing rock star who returns to her family to put things right – starring the one and only Meryl Streep.

Should I call you Brook?

Oh, yes please. That Diablo thing is regrettable, but I feel like I won’t ever get rid of it.

Too bad it’s on your Oscar...

It is, but I’m not really into awards. They just sit there collecting dust. It would be great if they gave you a house instead of an Oscar when you win.

And didn’t you get rid of your Twitter account recently?

I quietly deleted my shit. I thought Twitter was going to be this really confessional medium where we share our real feelings, but it’s a relentless open mic

of humblebrags, and I have an unfortunate tendency to hate-read.

What’s the last thing you hate-read?

This morning, I had so much glee looking at the meltdowns over Chris Hemsworth being cast as the receptionist in the female *Ghostbusters*.

Do you steer clear of your own reviews and online comments?

I learned from *Juno* that reading praise can be incredibly damaging to your character, and I learned from *Jennifer’s Body* that reading criticism can be incredibly damaging to your character. So, when *Young Adult* came out, I made the decision that I was never going to read any praise or criticism again.

You write tough-to-swallow, adolescent or emotionally stunted female characters.

Did you set out to write an older protagonist for Ricki And The Flash?

Yeah. You know what we don’t see enough of? Women over a certain age being creative, sexy and complex. You’ll see older women, but they’re inevitably playing a mother-in-law or some witch. I knew it wasn’t a potentially lucrative idea. When you write a movie where the lead is in her sixties, and it’s about her relationship with her adult kids, that doesn’t exactly scream bidding war. I remember thinking, man, the only way this movie is even going to get made is if Meryl Streep plays the lead.

Where were you when you found out Meryl was on board?

I was with her.

Oh, how fun, and casual...

[Laughs] It was surreal. Marc Platt, one of the producers who helped me get the script to her, said, ‘We’re going to take ►



INTERVIEW

Meryl out to dinner and talk about the possibility,' and I was like, 'Yeeeeeeesssss, I'm going to eat sushi with Meryl Streep!' *Did you choke on your spicy tuna roll when she said yes?*

I was shaking in my boots. She began talking about when we would need to begin shooting and I'm sitting at the table, like, 'Oh, she's *doing* it! This is a yes!' I don't know how I made it through dinner, I just wanted to run up and down the street, screaming.

Do you have her mobile number?

I have her email...

Is it Meryl-dot-Streep at Gmail?

It would be so awesome if it was. It still surprises me how so many celebrities are 'their name' at Gmail.

When did her daughter, Mamie Gummer, come on to play her daughter in the film?

That was something we pitched to Meryl from the beginning. Mamie's already a much-respected actor but she's great in this movie. It was really cool to watch.

Do you still write every day?

Yes, but this is my least productive year of my career by far. I used to have a very arrogant attitude about writer's block, and then it happened to me. I've had difficulty producing content and I think it's because so much of my brain is occupied with concern about my kids. What I need to do, clearly, is go back to therapy, which I haven't done in a while. But yeah, sometimes I do wonder if I've sacrificed my mojo at the altar of parenthood.

I'm stunned you're so candid about that.

I don't want to discourage any women from being writers and directors while having kids because there are people who fucking do it.

Right....

Elizabeth Banks just directed this huge-grossing movie [*Pitch Perfect 2*], and has two sons who are a similar age to my sons, so there's no reason why I shouldn't be able to do that as well. Other than Elizabeth Banks is an Aphrodite, and I'm me. I'm personally struggling.

Do you sometimes feel a feminist obligation to be more ambitious?

I used to, but I'm getting old and cynical, and it's got to the point where when people say to me, 'Thank you for writing these incredibly complex, complicated women', I think to myself, 'Yeah, it's great, but I wish I could write *Paul Blart: Mall Cop* and take all that money.'

You had something of a noisy and dazzling ascension into Hollywood. How'd you do it?

I wish I'd had a plan. I wish I could say



Clockwise from top: Cody in her comfort zone directing on the set of *Paradise*; celebrating her scriptwriting Oscar win for *Juno*; Meryl Streep and daughter Mamie Gummer star in Cody's film *Ricki And The Flash*



I was an amazing, calculated hustler who created a brand for myself. No way in hell. I had no clue. And if I could do that whole thing again, I'd do it differently.

In what way?

I would've completely disengaged from any sort of marketing, and I would've made sure nobody knew my name or gender. All I wanted was to write.

It looked like you were having a ball.

When I was doing all that stuff for *Juno*, I was basically trashed during every interview, so that persona that you saw was an emboldened, drunk version of myself. I don't like a ton of attention. People think I hired a team and created this hype, and it didn't happen that way. It snowballed and was very weird.

So, are you done with being perceived as badass then?

It's so funny, because that's not what I'm like. The whole point of the stripping schtick/experiment was that I'm not the kind of person to do that. I've just never felt like that person.

Does it feel like it happened to someone else?

It feels like it happened a long time ago. But it definitely left me with a connection to that industry that will stay with me for the rest of my life. I still feel a kinship

with strippers. It's sad, but true, that I couldn't get published until I became a stripper and started writing about it. I wish I'd found a different entrée into the business, but that's what worked for me at the time, so I don't regret it.

So what's next? What's happening with your Sweet Valley High musical?

I wish I knew. It's a great script, but it's hard to get a studio to take a chance on a musical about twins in high school.

We get so many remakes that nobody asks for, and we can't get Sweet Valley High? It stinks of an anti-female audience conspiracy...

It's the same reason why the *Wonder Woman* movie still isn't happening. They're digging so deep with the others; Aquaman, Ant Man... But Wonder Woman – one of the most iconic superheroes?

What about your Barbie movie? Please tell me we'll be seeing that soon.

I have a meeting with Mattel today. People have this idea that Barbie's this super-bimbo, but to the people at Mattel – they're so dedicated and inspired – she's a role model. ■

Ricki And The Flash is in cinemas on 4 September.

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What SEX feels like when...

Is there anything more fascinating than to know what goes on between another person's sheets? From the adulterous to the inexperienced, four writers share the secrets of their love lives

...you're cheating

Mia Chipperfield*, 29, from Birmingham, has been in a committed relationship for eight years

'I'd been with my current boyfriend – the best man I've ever known – for six years when I did the supposedly unthinkable thing of having sex with someone else.

'Jason and I were going through a rough patch – we were struggling financially and all we ever did was bicker about our money problems. Then, one warm night in April, I went out for drinks with colleagues and spotted a blond man across the bar. He gave me a nod and, for what felt like the first time in months, my stomach flipped.

'Later that night, when Man Across The Bar asked if I'd like to go back to his to watch a film, I already knew what was in store. As soon as the door of his flat closed, he was in charge. "Take your top off", he told me, in the most aggressive, dismissive way. Without question, I obeyed, beside myself with ►

both longing and self-loathing. Suspended in the moment, my inhibitions vanished, and we had sex twice. One time included a rape fantasy, which he initiated and which went against everything I believe in, but was completely thrilling. But there was no emotional connection, which meant I struggled to orgasm, and he refused to go down on me.

'Putting my shoes on two hours later, I allowed myself to remember Jason and my heart sank. I got a taxi home, and climbed into bed beside him. I didn't shower. It didn't even cross my mind to. Feeling the warmth of his sleeping body, I'd never been more appalled with myself. But for all the guilt, I didn't – and still don't – feel regret. I'm more certain than ever that Jason is The One, and as for our sex life? It's never been better. I don't think about it often, but in some ways, my one-night stand was the making of my relationship.'

...it's your first time with a woman

Edie Wyatt, 33, lives in New York and has been in a relationship for three years

'Sleeping with a woman didn't occur to me until I was 29. I had been married – to a man – for three years (and with him for seven before that), when I fell head over heels for a woman I worked with. Nothing happened, but she awakened something new in me: I wanted, I *needed*, a sexual relationship with someone like her. Someone like me. Someone female.'

'My sexuality had shifted, abruptly and completely. Sex with my husband, which had been great in the beginning, suddenly felt stale and, although I hate to say it, was only pleasurable if I took care of myself simultaneously.'

'At the time it felt crazy, but it also felt right that I left my marriage, my life, and started over. For the first time in almost five years, the prospect of sex was exciting again. I did so much research. I read every book I could find on lesbian sex and the female body – how to go down on a girl, how to bring her to orgasm, even the importance of keeping your nails short and everything in between. The way my body responded as I turned every page told me I was doing the right thing.'

'And I was right. I met Hanna online, and she took me to bed after our second or third date. She knew that I was well read, but a complete novice. I didn't feel nervous, just happy and in awe. We left the lights on, and undressed each other slowly, both of us giggling with anticipation. She took the lead, and sex with her felt natural and easy, a glorious validation that I was exactly where I was supposed to be. I realised, with a shock, how good it could be, how easily the orgasm could come with the right person. Being with her was softer, sweeter and more beautiful than I had ever experienced before.'

...you've fallen out of love

Holly Palmer*, 31, from Essex, has been with Mark for nine years and living together for three

'I can't remember the exact moment when the idea of Mark touching me started to make me feel repulsed. But as soon as

I began recoiling at his kisses, or flinching when his hands touched my body, I knew we were in trouble. Whenever we had sex, it felt so uncomfortable – so invasive – that he would have to stop. Understandably upset, he said it felt like he was assaulting me.'

'Initially, I blamed myself. While I tried to work out where the hell my libido had gone, I'd say anything to get out of sex. I'd spin dramatic tales about my period or complain about recurring thrush. But seeing as we once had sex hours after I'd had an operation, Mark knows I'm not usually the kind of person to turn it down. Still, the truth is harder to face up to: I'm just not in love with him any more, and the guilt I feel is overwhelming.'

'These days, we rarely have sex, but when we do, it's because he's pointed out how long it's been and I can see how I'm crushing his self-esteem. I've tried fantasising about other people, but I'm usually so distracted by how wrong it all feels that it has little effect. Sometimes I'll fake an orgasm if I think it'll make him finish quicker, but usually I just lie there feeling detached, waiting for it to be over, and hoping for his sake that he's cheating on me so he's at least feeling wanted and loved by someone – anyone – because I know it can't be me.'

'Of course I'd like to walk away and set us both free, but I can't. Circumstances aren't in our favour: he's depressed, and he has no one else. Ending things would kill him, and nothing is worth taking that risk.'

...you're trying to get pregnant

Sarah Linn*, 34, has been with her partner for 12 years. They have a one-year-old daughter and live in London

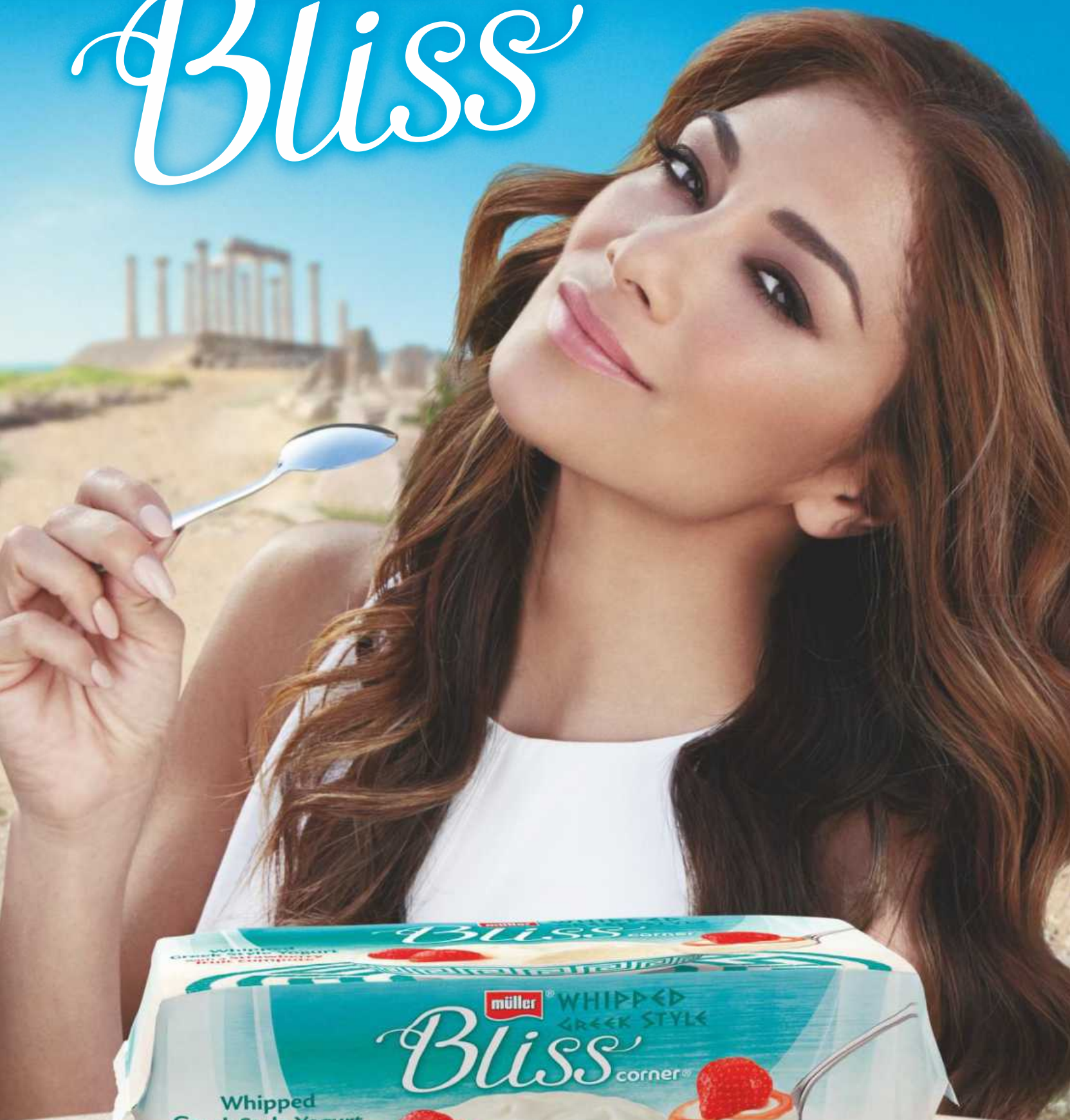
'All my husband noticed to begin with was the lacy underwear I was suddenly bothering to wear again, and my smooth, freshly shaved legs as I waited in our bed, ready for an "early night". What he didn't see was the sheer determination in every inch of my body. After ten comfortable years together, I was inwardly brimming with excitement: tonight, for the first time, sex had a purpose. It wasn't for my own selfish pleasure, or to satisfy my partner. Tonight, I was on a mission. After four years of baby hunger, he'd finally agreed. Well, we would "see what happens" (as he'd said the day before). This was the green light I'd craved, the closest I would get to: "Yes, let's try for a baby."

'After losing my virginity to a horrible boyfriend at 15, I'd spent the rest of my teens and twenties trying to avoid pregnancy, religiously using the Pill, condoms and the morning-after pill to avoid any accidents. Now, here I was at 32 – liberated! I was *allowed* to have sex; proper, wholesome, loving, natural, missionary (to improve our chances) sex, with no barrier between our bodies. As we started, I realised this was probably the best sex I'd ever have. But still, I kept quiet, terrified that he might change his mind.'

'Three days later, we tried again. It worked, and I fell pregnant with my daughter. Of course, the timing was no accident. Beneath the sexy facade, I'd been mainlining Zita West books, carefully calculating my fertile times.'

'Afterwards, I wasn't going to risk spilling any precious sperm by taking a trip to the bathroom. Instead, I lay on my back, smiling at the ceiling, desperately hoping it had all gone to plan.' ■

*So creamy
it's sheer*
Bliss



Superfly

HENRY CAVILL, aka the most eligible man in Britain, on lucky escapes, Bond ambitions and why he's considering joining Tinder (yes!)

Words by MARTHA HAYES

WHEN HENRY CAVILL (OR SUPERMAN, AS MOST PEOPLE know him) suggests meeting at Rapha Cycle Club in Soho, my first thought is, 'man, that guy must really like Lycra' followed by, 'I hope we're not going to be riding bikes.' So I'm grateful when he admits this place simply does 'the best coffee in London', but even more so to be removed from the obligatory hotel film-junket scenario par for the course for a British actor who is one blockbuster film into a multi-million pound franchise.

The star of 2013's *Man Of Steel* is rather delightful company as a result; relaxed, confident and as candid about a recent fashion faux-pas ('I'm going to call it terracotta...' he begins, describing a double-breasted suit he recently wore in Rome. 'People had a love-hate relationship with that jacket, but if I like it, then fuck everyone else') as he is about his current, very single, status. 'When you meet girls,' he whispers across the table in a well-spoken, very English accent, 'you almost have to prove yourself doubly as a man because they think, "Oh, he's probably a dick." I never had girls approach me until recently. I need to get better at approaching women. I'm really terrible at it.' Superman can hardly go on Tinder though, can he? 'Actually, it would probably be a lot easier... But "boo hoo",' he mock wails, straightening up. 'It's not that bad!'

It's clearly not. In fact, things couldn't be better for the Jersey-born 32-year-old, starring as the lead in Guy Ritchie's bold and brilliant big-screen take on the classic 60s spy series, *The Man From U.N.C.L.E.* 'It's my favourite movie so far,' enthuses the guy *Empire* magazine once dubbed, 'the unluckiest man in Hollywood' because he lost out on so many high-profile roles in his twenties. To recap, he got down to the final two with Daniel Craig for Bond in 2005, before being deemed too young; and was lobbied by *Twilight* author Stephenie Meyer to play Edward Cullen, but was too old when the film went into production. Then, to add insult to injury, he lost out on playing Superman in 2006's *Superman Returns* (although that was a total flop, so probably for the best).

Far from unlucky – *Man Of Steel* is the highest-grossing Superman film to date, and spring 2016 follow-up *Batman v Superman: Dawn Of Justice* is expected to replicate its success. I put it to Cavill that he actually had a very lucky escape. He is measured and doesn't believe in fate – 'the universe doesn't make things happen. If I don't get the job, I'm not the right guy for the job' –

but nods that life experience before fame means he firmly has his wits about him. 'It's a complete shit show, and the trickiest thing is, success is very alluring; all of a sudden people who wouldn't even look at you pat you on the shoulder and say you're amazing, and you've got to be mature enough to realise what that really is.'

Cavill owes much of his down-to-earth perspective to having a close family, which includes four brothers, oh, and a piece of advice a certain Russell Crowe gave him when he was 16 and a student at the private Stowe School in Buckinghamshire. Crowe was filming *Proof Of Life* on the grounds, and while other kids were pestering him for autographs, Cavill asked him what it was like being an actor. Two days later, the legend goes, he received a package from Crowe (who would bizarrely go on to play his father in *Man Of Steel*) containing sweets and a note which read: 'Dear Henry, a journey of 1,000 miles begins in a single step. Russell.'

This is all the more poignant when you consider that Cavill was bullied for being 'Fatty Cavill' at school. 'I was fat,' he corrects me when I use the word "big". 'I ate too much and didn't work out.' He had just six months to shape up for his first major movie role (following earlier TV and film-bit parts) in *The Immortals* (2011), which led to the *Superman* franchise, so I can only imagine he's been on and off strict regimes ever since. Cavill puts a positive spin on it: 'When you play Superman, you can't let yourself be a giant mess, because you're still representing the character even when you're not playing him.'

Would Cavill ever podge out for a role? 'I'd prefer not to, to be honest.' I like his honesty, but wonder whether, in years to come, he might relish subverting the whole superhero thing. 'There is interest there for that. I need to establish myself a little harder first,' he says. 'You've got to be careful not to be that actor who's like, "I'm going to do something really different" and it's just crap. Don't try and be different, just play a character well.'

Right now he's not short of offers, so it's just as well he's taking the time before filming commences in the new year on the third Superman film, *The Justice League*, to make the right decisions.

I personally think it's time to revisit Bond. 'Who knows?' ponders Cavill. 'I wouldn't play the same kind of character [as Craig], but hopefully I can do something that will do justice to the legacy.' Sounds like he's given this some serious thought. 'Bond would be wonderful to play one day. Barbara or Mike [the producers], if you're reading this, give me a call...' ■

The Man from U.N.C.L.E. is in cinemas from 14 August





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MARY KATE McKEVITT,
30, *Belfast*

*'I'm an Ebola nurse'*

'I flew to Sierra Leone with the Red Cross to work in a treatment centre. I was in a high-risk situation every day and I'd be lying if I said I wasn't scared. Thankfully, all confirmed Ebola patients I looked after survived. I'm returning later this year.'

CLARE HILL, 35, BRIGHTON

*'I own a professional wrestling company'*

'My wrestler boyfriend and I spotted a gap in the market and founded New Wave Wrestling Alliance. We put on family-friendly shows in a Grade II listed building. I'm the only woman in the UK who owns a wrestling company.'

LAUREN SOAR, 30, MANCHESTER

YOU'D NEVER GUESS THAT...

'I've had eight organs removed'

'Last year, while struggling to conceive, I discovered I had PMP, a cancer that spreads through your abdomen. I had to have eight organs removed, plus a full hysterectomy. It's been very hard, but I'm back at work and looking to the future.'

KIRSTY REID, 31, West Lothian

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LIFE STORIES

HILLARY CLINTON

Political powerhouse, wronged wife, 'hair icon' and media scapegoat, the former US secretary of state is now applying for the biggest job in the world. If she wins 2016's election, she'll be the first female US president. So who is the real Hillary?

Words by HELENGENT



Left: as a teen, Hillary helps her Republican father canvas for Richard Nixon. By 1974 (below), she's a lawyer bringing charges against the discredited Watergate president. Right: on meeting future husband Bill at Yale Law School, she says, 'It was an immediate attraction... he looked more like a Viking than a Rhodes scholar'



SHE'S BEEN DESCRIBED AS ONE OF

the most recognisable but least understood figures in US politics. And, like Marmite, it seems Americans either really like her or really (really) hate her. She's been called 'a phony' and 'an ageing hoofer', and been the butt of unfiltered sexist rhetoric (one TV commentator opined that, when Hillary spoke, all you heard was her nagging: 'Take out the garbage'). But her Twitter profile reads as unapologetically proud, and a touch tongue-in-cheek: 'Wife, mom, grandma, women+kids advocate, FLOTUS, Senator, SecState, hair icon, pantsuit aficionado, 2016 presidential candidate.' There's no room to list her many professional triumphs – founding the Office of Global Women's Issues, for instance – but there's the nod to the media's mockery of her trusty trouser suits and ever-evolving hairdos. (She once joked: 'If I want to knock a story off the front page, I just change my hairstyle'.)

Born in Chicago on 26 October 1947, Hillary Diane Rodham and her brothers, Hugh and Tony, grew up in a suburban home with mother Dorothy, a housewife, and father Hugh, a tough disciplinarian who ran a small furnishings business. Aged just 13, Hillary took her political cues from her Republican father, canvassing for Richard Nixon during his 1960 presidential campaign. At high school she ran, unsuccessfully, for student government president and at the all-girls Wellesley College in Massachusetts, she was president of the Young Republicans, before moving towards the Democrats. Her college classmates remember her as serious and self-righteous, with one saying, 'I wouldn't say she was popular. She was a little too

intimidating for that.' Hillary was certainly focused. She campaigned for more black students, and was the first student in the college's history to make a graduation speech – a rousing address that wiped the floor with the Republican guest speaker and elicited a seven-minute standing ovation.

At Yale Law School, in 1971, when she spotted a tall, bearded man with bushy hair staring at her for the umpteenth time, she introduced herself. 'Every time I saw him on campus I just couldn't take my eyes off him,' she later said. 'It was an immediate attraction... He looked more like a Viking than a Rhodes scholar.' That man was Bill Clinton and, as well as a physical attraction, they were drawn to each other's sharp minds. 'He had a vitality that seemed to shoot out of his pores.'

When she followed Bill to Arkansas after graduation, the decision disappointed many friends, including Democratic activist

Sara Ehrman: 'She was so gifted and promising. I thought her life should be on a bigger stage.' In 1976, a year after they married, Bill was elected attorney-general of Arkansas, then, two years later, its governor. Hillary became the first lady of Arkansas, juggling the role with her job as a lawyer and, later, mum to daughter Chelsea.

When Bill failed to get re-elected for a second term in 1980, she received much of the blame. 'Hillary can be abrupt, and that can be seen as her being arrogant, rude, uncaring – none of which I think she really is,' says Sam Bratton, one of Bill's staff members at the time. 'But that was considered to have been part of the reason for the loss.' The public was rarely treated to Hillary's laugh, 'a big, rolling guffaw that can send cats running from the room'. Nor were they party to her close relationship with Chelsea. The pair often went on holiday together, and when Hillary was abroad on business she'd help Chelsea do her homework by fax. (Hillary was always careful not to give Chelsea a sense of entitlement, once making her and her friends get on their hands and knees to ►



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pick up popcorn after they had watched a film in the White House cinema.)

Hillary's faults were considered to be many: she lacked the glamour expected of the governor's wife, and her decision to keep her surname after marriage smacked too much of feminism for Arkansas traditionalists. Despite Bill's assurance that she needn't change it, she decided to make the gesture for his benefit and revamped herself as Hillary Rodham Clinton; Bill was governor again by 1982.

But whatever concessions she made, it never seemed enough for her critics. In 1992, during Bill's presidential campaign, a spin doctor, worried her aloofness could again jeopardise Bill's career, suggested 'joint appearances with friends where Hillary can laugh, do her mimicry'. (Hillary once sent herself up in a *Forrest Gump* skit, imitating Tom Hanks' movie character while donning a variety of wigs – a dig at the media's obsession with her hair.)

When, in 1992, Bill was elected president and they moved into the White House, she immediately ruffled feathers by commandeering a second office – not just one in the East Wing, as was tradition for a first lady, but another in the fabled West Wing where she surrounded herself with a tight-knit group of female staff, collectively known as 'Hillaryland'. Unusually for a first lady, she was also appointed to a high official post – head of a committee to overhaul the national healthcare system. On top of that, Hillary evoked the wrath of the media when she arranged to close off

Clockwise from top left: as first lady in 1995, meeting the Queen; following Bill's affair with intern Monica Lewinsky, the Clintons put on a united front after facing the press. In public Hillary keeps her poise, in private she's furious; 'The most intense 38 minutes of my life': how she described watching the raid that led to the killing of Osama Bin Laden



the corridor that gave reporters access to the West Wing. She was redefining the role of the first lady, but her admittance into the White House's powerful inner circle drew hatred and suspicion.

'She was seen as a Lady Macbeth, a manipulative spouse getting too close to power,' says Gil Troy, a leading presidential historian and author of *Hillary Rodham Clinton: Polarizing First Lady*. A series of scandals during Bill's eight-year presidency didn't help, including 'Travelgate', an investigation into Hillary's part in the sacking of several White House travel staff to allegedly make way for Clinton buddies, and 'Whitewater', involving a suspect property venture the couple were linked to during the 70s. (The recent 'Emailgate', concerning Hillary's use of a private email account rather than a government one during her time as secretary of state, has added to accusations of corruption.)

Hillary herself had long ceased to be surprised by Bill's own indiscretions, once claiming, 'He's a hard dog to keep on the porch'. The exposure of a sexual encounter with former news reporter Gennifer Flowers in 1992 (which Bill later admitted to under oath) led Hillary to retort, 'I'm not sitting here – some little woman standing by my man like Tammy Wynette.'

But then, in 1998, came Hillary's defining moment – in the shape of Monica Lewinsky, the 25-year-old White House intern whose affair with Bill went so very public. Prurient details of the cigars used as sex toys and Lewinsky's semen-stained Gap dress became international news, and Bill's presidency hung in the balance during his subsequent impeachment and Senate trial (he was eventually acquitted of perjury and the obstruction of justice).

In public, Hillary kept her impeccably dignified poise – as did Chelsea, then ►



Above: even critics believe she has a real chance of making history as the USA's first female president. Right: another first in September 2014, celebrating the birth of granddaughter Charlotte Clinton Mezvinsky



a student at Stanford University – but privately she was heartbroken and angry (Bill was consigned to a separate bedroom for months). She threw herself into work, campaigning in the mid-term congressional elections. 'Hillary can separate personal emotions from the goal and task ahead,' attested Betsey Wright, one of her old Democrat friends who had served as Bill's chief of staff when he was governor. 'I don't even think men do it the way Hillary does.'

Her popularity suddenly soared. 'Bill's infidelity humiliated Hillary publicly, making her appear more vulnerable, more approachable, more likable,' says Troy. 'Traditional women, who had long felt judged by her feminist attitudes, supported Hillary for standing by her man, while sympathising with her in this excruciating situation.' The time was right for Hillary to go it alone, politically at least – she and Bill had counselling to decide 'whether

we were going to salvage our marriage'.

Over the years, however much she dislikes it, she's learnt to take the criticism and public opinion into account. When running for senator of New York in 1999, she realised a hard-core element still viewed her negatively (Arianna Huffington remarked, 'A lot of Americans are uncomfortable with her self-righteousness'), so she embarked on a 'listening tour' to reach out to voters. It was a shrewd move and one that saw her voted into the Senate in November 2000, and again, by a large majority, in 2006.

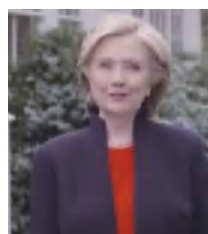
Although her presidential bid in 2008 wasn't successful, she lost the Democratic nomination to the man who went on to become America's first African-American president. Her consolation prize was secretary of state – held out as a peace offering by Barack Obama after he'd damned her with faint praise when he called her 'likeable enough'. Typically, she used her four-year tenure to shine a light on human, specifically women's, rights.

Having spent the past couple of years writing her second memoir, *Hard Choices*, and picking up \$200,000 (about £127,000) a pop for private speaking engagements, she's now officially reapplied for the biggest job in the world. This time round, Hillary has a supportive group of cheerleaders, among them Lena Dunham, Diane von Furstenberg and feminist writer Kate Harding, who pronounced in US magazine *Dame*: 'I intend to vote with my vagina. Unapologetically. Enthusiastically.'

It's been, as they say, a journey. Hillary did indeed stand by her man ('He is still the most interesting, energising and fully alive person I have ever met,' she said of Bill in her 2004 memoir, *Living History*). Now it's time for the next chapter. The Clintons may well return to the White House – and this time Hillary really will be wearing the trousers. ■

A LIFE ONLINE

The Hillary campaign loves a bit of social media...



April 2015: Hillary uses social media to tell the world she's running for president.



A proud, unapologetic and slightly cheeky Twitter profile.



Teased for her love of 'pantsuits,' her first Instagram post shows her sense of humour.



Hillary announces her Spotify playlist, and Katy Perry's *Roar* is on there.



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GIRL OF THE MOMENT

Jess Glynne

She walked out of *The X Factor* and went on to win a Grammy (before she'd even released a single). That Jess Glynne is a force to be reckoned with...

WORDS BY MARTHA HAYES AND JAMES MOTTRAM; PHOTOGRAPH BY SIMON EMMETT

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Gemma Arterton is on top form as the archetypal 'bored' housewife in this update on Gustave Flaubert's *Madame Bovary*, set in rural France. A sexy, summery treat.

**3 HEARTS** ★★★★★

This compelling tale of infidelity sees Charlotte Gainsbourg and Chiara Mastroianni play sisters caught in a love triangle. Achingly tense, even if the ending doesn't quite satisfy.

**HOT PURSUIT** ★★☆☆☆

Reese Witherspoon and Sofia Vergara play cop and gangster's moll on the run in this odd-couple comedy. Silly rather than side-splitting, see it with a glass of wine or two.

MUSIC

Curl power

JESS GLYNNE *continued*

I was in a pretty dark place when I started writing, but this is not an angry album. I didn't want to write about heartbreak, I wanted it to be positive, which is why I chose the title, *I Cry When I Laugh*.

If you make me laugh, I'll cry in streams. It's really awkward.

It's scary to think, 'Is anyone going to buy it?' But to have my own album is what I've dreamed of all my life. It's been a weird journey: I was writing when Route 94's *My Love* [which Glynne debuted her vocals on] came out, and then *Rather Be* [Clean Bandit's 2014 number-one single, which she also sang on] went mental.

I called Sam Smith recently and was like, 'Help! My voice is ruined.' He was lovely, and put me in contact with who he saw [for vocal-cord surgery]. It was a struggle to talk; a struggle to sing. My mum has an opinion on what I wear. At 61, she has wicked style. She always wants to come to my styling meetings to try on clothes, and I'm always like, 'Get out!'

I was a mouthy teenager. I auditioned for *The X Factor* [aged 15], but I only ever

met the producers so I wasn't very impressed, and left. I feel very grateful for the way things have turned out. For some people, [the show] is amazing, but it wasn't for me.

When things got busy, everyone around me felt neglected.

My best friend found it hard – we were joined at the hip. *You Can Find Me* is about that. It's important that you keep those people close, they're the ones who know the real you.

I've had a job since I was 14. I didn't like asking for money, so I started out in a hairdresser's for, like, £25 every Saturday. I swept up, washed hair and made tea. I don't think they would have trusted me to do anything more. I wash my hair once a week. In humidity, I look like Monica in that episode of *Friends*. A diffuser and Bumble and Bumble products save it.

The most extravagant thing I've bought is a Céline bag. I was like, 'Fuck it, I deserve it.' Everyone who works hard should treat themselves.

Jess Glynne's debut album, *I Cry When I Laugh*, is out on 14 August



GIRLS ON FILM

Meet the new female voices making waves in Hollywood with these cult movies



MARIELLE HELLER

SOPHIE HYDE

MULLEAVY SISTERS

THE COMING-OF-AGE MEMOIR

Hip US writer Marielle Heller was so moved by Phoebe Gloeckner's 2002 graphic novel, *The Diary of a Teenage Girl*, she spent eight years trying to get it made into a movie. Her debut film (out 7 August), about a teenager who has an affair with her mother's boyfriend, is haunting and hilarious.

THE GROUNDBREAKING INDIE

Filming every Tuesday until midnight for a year doesn't sound like the easiest approach to film-making, but *Groundhog Day* sure paid off for Aussie director Sophie Hyde when her debut film, *52 Tuesdays* (out 7 August), scooped Best Director at Sundance last year.

THE FASH-PACK FLICK

Rodarte designers Kate and Laura Mulleavy have dabbled in film before (who can forget those *Black Swan* costumes?) so it comes as no surprise their first feature, *Woodshock*, is in the making, nor that they've cast their muse Kirsten Dunst. A big job, but two words for any cynics – Tom Ford.



GUCCI

NEWMAN STREET TAVERN

TREND

BROOKLYN HEIGHTS

Bands, beanie hats and grilled cheese - Big Apple-style. Let us count the ways we heart NY

WET



TRAINWRECK

The latest Judd Apatow comedy



RAG & BONE

BEAU

A young duo playing folksy Americana

At the risk of sounding like ol' Frank Sinatra, start spreadin' the news, New York (New York) is having a serious moment. If the hilarious post-*SATC* Manhattan escapades of Amy Schumer in the film of the summer, *Trainwreck*, aren't enough to lure you to the East Side, then how about a trip to the thrift store that is AW15? From geek-chic beanies at Gucci to clashing printed plaid coats at Prada, the message was clear: go hip, or go home.

The sound of the underground (well, subway) is electro Brooklyn trio Wet, whose forthcoming debut album sounds a bit like London Grammar, if they were from, you know, New York. We also can't get enough of resident duo Beau (Heather Boo and Emma Rose) - 70s folk Americana vibes straight out of a warehouse party in *Girls*. Speaking of HBO, *Show Me A Hero* is its latest NY-set drama, starring Winona Ryder and coming to Sky Atlantic in September. And we're counting down to Baz Luhrmann's Studio 54 saga *The Get Down*. Netflix, you've nailed it - again.

For a coffee-table bible that wouldn't look out of place on Carrie Bradshaw's writing desk, check out *Brooklyn Street Style* (£15.99, Abrams & Chronicle). We also love Jason Polan's illustration book *Every Person In New York* (£15.99, Abrams & Chronicle), partly because Kristen Wiig's written the foreword, but mainly because it includes pictures of literally every person (well, almost) in New York, from cab drivers to celebs. Clever, huh?

But if it's a bite of the Big Apple you fancy, dip into (Polpo founder) Russell Norman's NY-style comfort food collection *Spuntino* (£25, Bloomsbury), or head to Soho's Melt Room for a grilled cheese (obvs) and Newman Street Tavern for take-out rolls fit for a trip to Central Park (or just a nearby scrap of grass). And for the ultimate Lower East Side experience, without the jet lag, check into the new Hotel Chantelle London, based on the original late-night Manhattan spot. A favourite of Katy Perry, Channing Tatum and Chris Hemsworth? We'll be there in a New York minute.



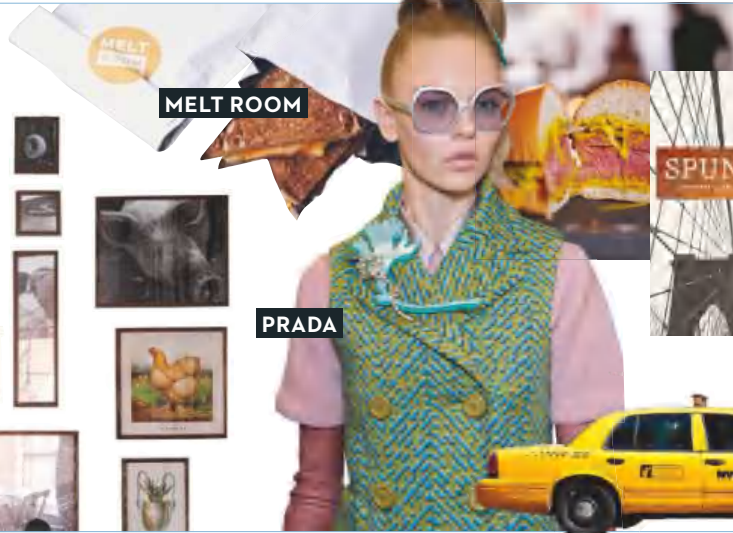
MIU MIU

WORDS BY MARTHA HAYES, PHOTOGRAPHS BY ALAMY, JASON LLOYD-EVANS, IMAXTREE, MILAN ZRNIC



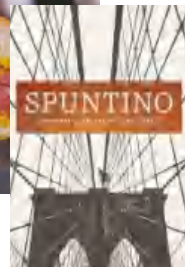
HOTEL CHANTELLE LONDON

The British outpost of a NYC hotspot



MELT ROOM

PRADA



SPUNTINO

GUCCI



BITE INTO SUMMER

If you have sensitive teeth, you'll know all about 'ice lolly avoidance' – missing out on summery treats to skip the pain associated with cold foods. But, with a simple change to your oral-care regime, you can get your summer back...

THERE ARE A MILLION THINGS to love about summer. New-season sundresses, tanned skin, impromptu picnics in the park, the clink of ice cubes in cocktails and the sound of the ice-cream van. But there are downsides, too: hay fever, rainy days, mosquito bites – and sensitive teeth stopping you from enjoying that ice cream or cold drink.

Well, there's nothing to be done about the pollen or weather... But if you have sensitive teeth – where pain is triggered by cold or hot food and drinks – there is a solution. By incorporating a Sensodyne desensitising toothpaste into your daily beauty routine, you won't have to miss out on the things you love.

'There's no need for sensitivity to impact anyone's life,' explains dentist Chris Branfield. 'Making a simple change to your oral-care regime will make a real difference.' From the No. 1 dentist-recommended brand for sensitive teeth, Sensodyne desensitising toothpaste is clinically proven to relieve sensitive tooth pain and, when used twice daily, it can help prevent its return.

Tooth sensitivity isn't a one-off, and nor should your treatment be. If you're in the third of the population that suffers from it, the key is to use a Sensodyne desensitising toothpaste every day, twice a day, long-term. And Sensodyne desensitising pastes have all the benefits of a regular toothpaste, so you won't miss out by focusing on your sensitivity. You can still protect your gums, control plaque and strengthen enamel.* In addition to all these benefits, Sensodyne Complete Protection contains NovaMin – an advanced, hi-tech ingredient



that uses calcium and phosphate to create an invisible layer that protects sensitive teeth. And, as long as you continue to brush twice daily and don't return to an ordinary toothpaste, you can enjoy ice cream every day – whatever the weather.

Sensodyne Complete Protection, Rapid Relief and Repair & Protect toothpastes, from £3.49 each**

Cleanse, tone, moisturise... and brush twice a day, every day. For more information on the complete Sensodyne range, plus dental advice, visit sensodyne.co.uk/askadentist



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PRADA



Alabama Shakes



Empress of Fashion by Amanda MacKenzie Stuart



MY WORLD

Dianna Agron

The former *Glee* star on dying her hair pink and the challenges of film directing

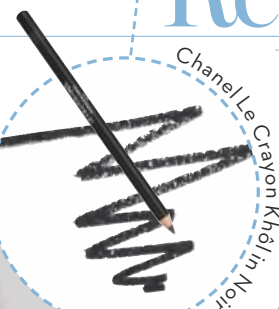
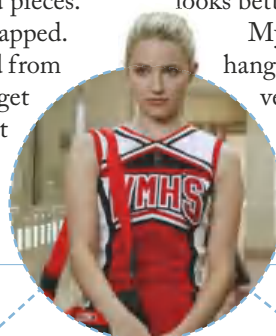
I was a professional dancer before I was an actress. It prepared me; you learn discipline and how to have a thick skin. I started ballet when I was three and was teaching it in high school. I still go to a dance class at the [Edge Performing Arts Center](#) in LA.

I keep in touch with [Sam Smith](#). [Dianna Agron starred in his video for *I'm Not The Only One* in 2014.] He's wonderful. When I have time off, I love going to gigs. The last album I bought was [Alabama Shakes'](#) *Sound & Color*. I'm also into [Leon Bridges](#). He's from Texas and sounds like a modern-day Sam Cooke.

I love pieces by [Prada](#) and [Miu Miu](#), but I also like newer designers like [Rosie Assoulin](#) in New York. She's so creative; very feminine but bold – think big sleeves and cool, belted pieces.

It was so freeing to cut my hair when *Glee* [right] wrapped. I cut it really short for the first time three years ago and from that point onwards, I've been red, pink, platinum... I get bored easily. I really like [Kérastase](#) hair products and, at the moment, shampoo for blonde hair.

[Diana Vreeland](#) is a heroine of mine. She was a pioneer for unconventional beauty. I watched a



Chanel Le Crayon Kohl à Lèvres

Directing a film for Tory Burch



TORY BURCH



MIU MIU



documentary on her a few years ago and read her biography, *Empress of Fashion* by Amanda MacKenzie Stuart. She said, 'Photograph [Barbra Streisand](#) from the side profile, we love her nose. Why are we telling women beauty is a certain thing?'

I love being behind the camera. Directing a short film for designer [Tory Burch](#) came naturally to me. We were filming in Paris and it was raining, so you have to think on your feet. The film is a modern retelling of a scene from *An American in Paris*, and stars [Margaret Qualley](#) [[Andie MacDowell's](#) daughter] – she's perfect and has this wonderful, excited youth about her.

For make-up, I use a lot of [Chanel](#) pencil eyeliners. A dark eye looks better with blonde hair and makes my eyes stand out.

My home in LA is very bohemian. I've got old records hanging on the walls like artworks. My place in London is very different, more minimal. I love a flea market for interiors: that's more my thing than going into a shop.

Dianna's short film for Tory Burch is released in September to mark the launch of her Paris capsule collection, available at [toryburch.co.uk](#)

RADAR

IT'S HAPPENING

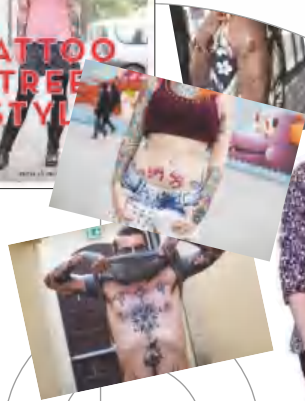
Cure your festival FOMO, hotfoot it to Edinburgh and prepare to be blown away by Cara Delevingne (standard) – this lot are giving us good vibes...

THE COOLEST COFFEE-TABLE BOOK

Love street style? Totally into tats? Then *The Tattooist* (£15, Mitchell Beazley) is all the inspo you need. It's basically like *The Sartorialist* (see what they did there?), but is the handiwork of French fashion photographer Nicolas Brulez, who's been snapping the beautiful and the inked since 2012.

Stylish, and packs a (persuasive) punch. Just sayin'.

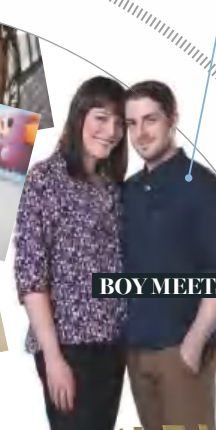
CARA DELEVINGNE



THE GROUND-BREAKING DRAMA

BBC2's brilliantly brave *Boy Meets Girl* boldly goes where few dramas dare. Starring transgender actress Rebecca Root as a woman in her forties who's in love with a younger man (Harry Hepple), it's a thoughtful twist on romantic comedy, played out superbly sensitively. Bravo to the Beeb.

BOY MEETS GIRL



WINTERWELL

THE GROOVY SUMMER PARTY

If you've got festival FOMO, but camping isn't your thing, Winterwell's Summer House on 29 August might be just the ticket. The theme? 'Summer of 1967' (and there we were about to break out into Bryan Adams). The location? Yarnton Manor in Oxford – fit for boules on the lawn, 60s music (from Horse Meat Disco) and ferret races (you heard that right)...

VIV GROSKOP



THE IMPRESSIVE ACCENT

If Cara Delevingne wasn't a world-famous supermodel, we'd be watching (the adaptation of John Green's novel) *Paper Towns* and thinking, 'wowzas' at the girl in it (a bit like when Shailene Woodley starred in Green's *The Fault in our Stars*). Only, she is a rather famous model, which makes it all the more extraordinary. Nice work on the US accent, CJD.

THE DON'T-MISS COMEDY SHOW

Whether you're sorry or, well, not sorry, it turns out that the average Brit apologises 1.9 million times in their lifetime. Blimey. No wonder reformed serial apologist Viv Groskop is staging an intervention with her debut solo show *Say Sorry to the Lady* at the Edinburgh Festival Fringe (7-31 August).

Must-Reads

Live up your daily commute or boost your bedtime routine with these

AWARD WINNER



A GAME FOR ALL THE FAMILY
by Sophie Hannah
(£14.99, Hodder & Stoughton)

Set in peaceful Devon, Justine must decide if her daughter Ellen's murder story is fact or fiction before it's too late.



THE SISTERS
by Claire Douglas
(£7.99, HarperCollins)

The worthy winner of the Marie Claire Debut Novel Award, this thriller follows Abi as she settles in a new town after the tragic death of her twin sister. Gripping.



THE UNEXPECTED INHERITANCE OF INSPECTOR CHOPRA
by Vaseem Khan (£12.99, Mulholland Books)

Inspector Ashwin Chopra is about to retire from the Mumbai police force when he inherits a baby elephant. A charming story.



THE NEXT TOGETHER
by Lauren James
(£7.99, Walker Books)

Katherine and Matthew are destined to fall in love over and over again throughout history, and each time they're separated – but why? Perfect for holidays.

READER OFFER

20% OFF AT PHASE EIGHT

Marie Claire has teamed up with Phase Eight for this amazing offer

TO CELEBRATE ITS NEW trend-inspired collection, Phase Eight is offering *Marie Claire* readers an exclusive 20 per cent off your new-season wardrobe.

This autumn, Phase Eight has a grown-up, stylish and versatile collection of contemporary classics for every day. Known for its elegant occasionwear, the label has expanded its range to include relaxed, yet statement separates that can be dressed up or down for an effortless

transition from desk to bar, and work to weekend.

The new collection combines timeless classics with modern cuts, prints, detailing and finishes that nail all the key trends. The button-front denim shirt dress will be your go-to item for 70s-inspired weekend dressing, while the embellished bomber is an edgy alternative to a classic blazer.

To claim the discount, present this page in store or enter 'MarieClaire20' at the checkout online at phase-eight.com.

Jacket, £130,
and jumpsuit,
£120, both
Phase Eight



Dress,
£89

Skirt, £69

Top,
£69

Jacket,
£130

Boots,
£150

Terms & conditions The 20 per cent discount is valid on all full-priced items within Phase Eight standalone stores and online at Phase-eight.com. Not valid in Phase Eight concessions, on sale items or within sale outlets. The offer ends on 2 September 2015. This page must be shown to store staff at time of purchase. Photocopies will not be accepted. Only one offer per person to be used in one single transaction. Not valid in conjunction with any other offer. Phase Eight reserves the right to reject any vouchers that it deems, in its sole discretion, to have been forged, copied or misused. The discount is not available for the purchase of gift cards. Return of purchases will be at the price actually paid. Not valid on the Wedding Boutique range or Collection 8 ranges.

Dune

L O N D O N



Framboise Noire

= HEART OF DARKNESS =



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London



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marie claire

FASHION

SEPTEMBER

HAUTE HIPPIE CHIC, A FRESH TAKE ON TAILORING AND
AUTUMN'S LUXE LAYERS. PLUS, NATALIE PORTMAN
ON FASHION, FAMILY AND A NEW LIFE IN FRANCE

STYLED BY JAYNE PICKERING. PHOTOGRAPH BY DAVID ROEMER. HAIR BY ROLANDO BEAUCHAMP AT THE WALL GROUP USING BUMBLE AND BUMBLE. MAKE-UP BY ERIC POLITO AT
ART DEPARTMENT USING CHANEL AVOIS AND CHANEL BODY EXCELLENCE. NAILS BY LIANG AT ATELIER MANAGEMENT USING CHANEL SS15 AND CHANEL BODY EXCELLENCE. MODEL:
JOSEFIE RODERMAN AT SUPREME MANAGEMENT. SILK DRESS: £6,595, ROBERTO CAVALLI; 18CT WHITE-GOLD, BLACK AND WHITE DIAMOND RING, FROM A SELECTION, DIONEA ORCINI



A rustic red barn with a white roof, a wooden fence, and a wooden barrel in the foreground. The barn has a weathered appearance with peeling paint and a wooden fence runs across the foreground. A wooden barrel is visible on the left side. The ground is dirt with some green grass.

TRAVELLER'S TALES

DARK ROMANCE BLOSSOMED ON
THE A/W15 CATWALKS. EXUDE YOUR
OWN WILD BEAUTY WITH FOLK-
INSPIRED DRESSES AND A FREE SPIRIT

Photographs by DAVID ROEMER *Styled by* JAYNE PICKERING



Previous page: silk dress, **£9,000**, Burberry Prorsum; rings (model's right hand, from left): 22ct gold-plated silver, labradorite and black spinel, **£250**, 22ct gold-plated silver, aquamarine and citrine, **£500**, (model's left hand, from left) 22ct gold-plated silver, citrine and amethyst, **£500**, 22ct gold-plated silver, amethyst and emerald, **£625**, and 22ct gold-plated silver, ruby and black spinel, **£475**, all Jade Jagger

This page: silk chiffon dress, about **£5,350**, silk velvet trousers, about **£1,135**, metal and acetate earrings, about **£350**, and metal and black strass nose ring and ear cuff, both from a selection, all Givenchy by Riccardo Tisci

Embroidered silk dress, £17,400, Valentino; suede boots, £1,445, Gianvito Rossi; 18ct-gold, diamond and onyx earrings, and 18ct-gold and diamond ring, both from a selection, Dionea Orcini





This page: viscose-mix
macramé dress,
£2,550, Salvatore
Ferragamo; metal and
glass earrings, £55,
Gillian Horsup at
Grays Antiques; rings
(right hand from top):
18ct-gold and black
spinel, 18ct-gold, black
spinel and diamond,
and (on left hand) 18ct
white-gold and black
and white diamond, all
from a selection,
Dionea Orcini

Opposite page: wool
dress, about
£8,560, Céline



Crêpe de Chine shirt,
£1,750, silk velvet skirt,
£1,750, silk jersey neck
tie, £125, and leather
boots, £805, all Chloé;
rings (from top):
18ct-gold and black
spinel, and 18ct-gold,
black spinel and
diamond, both
from a selection,
Dionea Orcini





Cotton and wool
dress, £3,520, Etro;
Swarovski crystal
and vermeil earring,
about £465,
Erickson Beamon




Silk lamé dress,
£4,955, cord and
cotton belt, £405,
laminated calfskin
sandals, £755, crystal
and tassel earrings,
£370, and rope
necklace, £1,065,
all Lanvin



Silk lace dress,
£5,995, and silk lace
bra, £1,595, both
Alexander McQueen;
suede boots, £1,445,
Gianvito Rossi





Silk satin dress, £975,
Simone Rocha;
Swarovski crystal and
verneil earrings, about
£748, Erickson Beamon;
18ct-gold and black spinel
ring, from a selection,
Dionea Orcini

Hair by Rolando
Beauchamp at The Wall
Group using Bumble and
Bumble. Make-up by Eric
Polito at Art Department
using Chanel A/W 2015
and Chanel Body
Excellence. Nails by Liang
at Atelier Management
using Chanel S 2015 and
Chanel Body Excellence.
Model: Josefien
Rodermans at Supreme
Management

A CUT ABOVE

FROM ASYMMETRIC NECKLINES TO SLEEK
PLEATS, AUTUMN'S TAILORING IS A GAME
CHANGER. TIME TO GET SUITED AND BOOTED

Photographs by ALEXEI HAY *Styled by* JAYNE PICKERING



Previous page: silk
cady jumpsuit, £895,
silk top, £495, and
leather and copper belt,
£360, all Roksanda

This page: cotton shirt,
£750, wool tweed
skirt, £1,250, vinyl
boots, £1,100, and
metal palladium
necklace, from
a selection, all Dior



Viscose-mix blazer,
£875, polyester top,
£375, viscose-mix
culottes, £495,
and brass earrings,
from a selection,
all Barbara Casasola





Lambskin coat, about
£5,462, cotton/
wool-drill trousers,
and stretched
lambskin trainers,
both from a selection,
all Céline; diamond,
pearl and 18ct-gold
earring, and diamond,
pearl and 18ct-gold
ring, **£485** each,
both Delfina Delettrez

Wool cape, £1,340,
silk mesh and sequin
dress, £8,460, and
brass necklace, £420,
all Saint Laurent
by Hedi Slimane





Wool jacket, £1,220, silk/cashmere-mix top, £485, wool trousers, £565, leather shoes, £1,220, felt hat, £160, leather belt, £290, enamel and crystal ring (on model's right hand), £265, and gold-plated metal and crystal ring (on model's left hand), £320, all Gucci

Wool jacket, **£1,645**, silk crêpe shirt, **£845**, wool trousers, **£520**, and leather shoes, **£640**, all Bottega Veneta





Wool dress, **£1,335**,
rayon sweater, **£775**,
wool trousers, **£495**,
and faux-leather
boots, **£575**, all
Stella McCartney;
diamond, pearl and
18ct-gold earring,
£485, Delfina
Delettrez

Felt and leather
jacket, **£1,700**,
leather boots,
£1,010, and leather
clutch, **£2,120**,
all Fendi





Wool and cotton-mix
jacket, **£1,250**,
Christopher Kane;
18ct black-gold
rings, from **£724**,
both Repossi

Wool and cotton
jacket, **£1,100**, wool
and cotton skirt,
£400, and leather
boots, **£940**, all Sacai

Hair by Keith
Carpenter for The
Wall Group using
Neuma Hair Care.
Make-up by Vincent
Oquendo for The Wall
Group using Charlotte
Tilbury Cosmetics.
Nails by Roseann
Singleton at Art
Department using
Chanel A/W 2015 and
Body Excellence Hand
Cream. Model: Giedre
Dukauskaitė at
Women Management.
With thanks to
Industria Superstudio







Another level

STATEMENT SHEARLING, CHUNKY
KNITS AND SILK SEPARATES: GET COSY
WITH THIS SEASON'S KEY LAYERS

Photographs by JAMES MACARI *Styled by* TIFFANY FRASER STEELE

Previous page (left):
cashmere sweater,
£1,285, poplin shirt,
£305, wool coat,
£3,860, cashmere and
leather skirt, £1,610, and
leather shoes, £630, all
Michael Kors Collection;
earrings, model's own

Previous page (right):
shearling and leather
jacket, £1,990, Kenzo;
viscose-mix dress, £990,
Diesel; earrings, as before

This page: wool jacket,
£690, silk shirt, £505,
and wool skirt, £310,
all Isabel Marant;
silk and wool jacket
(worn under outer
jacket), £651, Tibi;
earrings, as before

Opposite page:
shearling and wool
coat, £3,390, Preen by
Thornton Bregazzi;
wool sweater, about
£709, Trussardi









Opposite page: cotton and wool dress, **£1,600**, and leather boots, **£950**, both Sacai

This page: nylon jacket, **£695**, cotton and silk tulle dress, **£595**, silk shirt (worn around waist), **£235**, cotton skirt (worn under dress), **£235**, and leather boots, **£300**, all DKNY; silk check shirt, **£295**, Equipment; earrings, model's own

This page: wool coat,
£4,724, and silk
dress, **£1,806**, both
Just Cavalli

Opposite page: sheepskin
and leather coat,
£2,350, cotton skirt,
£375, and leather bag,
£650, all Coach;
earrings, model's own

Hair by Thomas
McKiver at Balloon
Agency. Make-up by
Christine Cherbonnier
for Chanel at The Wall
Group. Nails by Roseann
Singleton at Art
Department using
Chanel A/W 2015
and Body Excellence
Hand Cream.
Model: Bo Don at Next







WOMAN'S HOUR

SHE'S A LADY – WITH A DARK SIDE. THINK 70S SOCIALITE
SILHOUETTES, TWISTED TWEEDS AND A VERY STIFF MARTINI

Photographs by DIEGO UCHITEL *Styled by* APRIL HUGHES





Previous page: mohair sweater, £620, leather skirt, £1,790, and leather boots, from a selection, all Christopher Kane; acetate glasses, about £228, Selima Optique

This page: wool organza coat, about £1,582, and silk velvet sweater, about £575, both Delpozo; microfibre tights, £6, Calzedonia; patent leather shoes, £425, Jimmy Choo; coral enamel brooch, about £60, Kenneth Jay Lane

Opposite page: cotton-mix waistcoat, £1,530, cashmere top, £570, silk twill shirt, £430, cotton-mix skirt, £1,095, plex crystal brooch, £505, and saffiano leather bag, £1,410, all Prada; leather gloves, about £158, LaCrasia Gloves





This page: silk-mix dress, **£3,650**, leather shoes, **£1,020**, and brass anklet, from a selection, all Louis Vuitton

Opposite page: cotton jacket, **£775**, silk double georgette shirt, **£385**, cotton trousers, **£480**, and leather boots, **£455**, all Armani







Wool tweed coat, £2,310,
and metal and resin
brooch, £392, both
Chanel; leather
undercoat, about £1,720,
Maryam Nassir Zadeh;
silk blouse, £875,
Bottega Veneta

This page: alpaca wool coat, £1,525, alpaca wool top, £220, and lambswool skirt, £295, all MaxMara; microfibre tights, £6, Calzedonia; leather shoes, £413, Pierre Hardy; acetate sunglasses, about £75, Adam Selman X Le Specs; silk velvet gloves, about £64, LaCrasia Gloves; aragonite bracelet, about £206, Eddie Borgo; metal and pearl-effect brooch, £75, Butler & Wilson

Opposite page: wool tweed jacket, £2,350, wool tweed trousers, £1,100, acetate sunglasses, £340, and metal and resin earrings, £290, all Dior; cashmere sweater, £425, Bally

Hair by Andre Gunn using Oribe Hair Care at Honey Artists. Make-up by Ric Omoto for Three at See Management. Nails by Liang at Atelier Management using Chanel AW15 and Chanel Body Excellence. Model: Melissa Tammerijn at Next. Local production: M2M Productions





She's killing it in her career,
winning at the work/life
balance, and has excellent
taste in wine (plus a *very*
dirty laugh.) It's safe to say
NATALIE PORTMAN
is having the time of her life
in her new home, France...

The Portman powerhouse

Photographs
by
Ellen von Unwerth

Styled by JAYNE PICKERING *Words by* KERRY POTTER

THINGS I DIDN'T EXPECT WHEN I WENT TO INTERVIEW NATALIE PORTMAN IN A CHATEAU IN THE HILLS ABOVE CANNES:

1. Swearing. Isn't she Hollywood's most prim and proper, most ladylike star? You'd never catch this Harvard graduate flashing flesh on the red carpet or falling out of a club, so it's something of a shock when she drops the F-bomb. 'I'm so boring! F**k, what's my vice? Probably looking at stupid fashion websites – I'll look at dresses for an hour and my husband will say, "What are you *doing*?"' she says with a wonderfully husky guffaw. (If they ever make a biopic of her life, she says the title will be *She Had A Dirty Laugh*.)
2. Rapping. I've heard she likes hip-hop, I just can't picture her reciting lyrics. But here she is, with a rendition of *Shoop* by Salt-N-Pepa: 'Here I go, here I go, here I go again/ Girls, what's my weakness? Men!' she sings, with a shimmy.
3. Boozing. She exits, gleefully clutching a bag containing three – three! – bottles of the deliciously chilled rosé from the chateau's vineyard. Has someone got a big night planned?

But let's rewind a little. It seems the blistering Riviera sunshine, the exquisite surroundings and that rosé has made everyone a bit giddy. Cue one of the photographer's assistants falling in an ornamental pond, to universal giggles. 'This part of the country is so gorgeous and relaxing,' sighs 33-year-old Portman contentedly. We're sitting opposite each other under the shade of an olive tree, which is shedding its tiny white flowers on to ►



us like confetti, in the sprawling grounds of the Renaissance-era pile. As far as the eye can see, there are vineyards, pines and palms. All around the swimming pool are lemon and grapefruit trees, and the sultry air is fragrant with jasmine and rosemary. It's a panorama so perfect it looks like it's been Photoshopped.

Portman is in town for the Cannes Film Festival and is currently living just a few hours north, in Paris, with her 37-year-old French ballet dancer/choreographer husband, Benjamin Millepied, and their four-year-old son, Aleph. 'I've never seen Natalie so free,' confides a member of her team. Indeed, in person, she is a very pleasant surprise; life in Paris clearly suits her. Known for being fiercely private and guarded, in a recent interview, she even recorded the conversation on her iPhone in case she was misquoted. (This is highly unusual, and not exactly an ice-breaker between interviewer and subject.) Today, however, she's warmer, funnier and more open than I'd expected. I quickly realise that while her words might sound dry or worthy on the page, in the flesh she's eloquent and thoughtful. It does take a while for her to fully relax but, as the minutes tick by, she makes increasingly more eye contact, becomes more animated and gesticulates as she speaks, and a wide smile breaks through with greater frequency. All week, she's been photographed in elegant gowns on Cannes' red carpets, looking every inch the style-savvy A-lister. But now she's anonymous in ripped skinny jeans, a black vest, grey socks and geeky-looking black trainers that turn out to be Stella McCartney. She's only 5ft 2in and bird-like of limb, so could pass as a nondescript teenager until you look beyond her shoulder-length chestnut waves and take in that face. Portman's beauty is mesmerising. There's nothing quirky here, just perfect symmetry – hazel eyes, a mega-watt smile and flawless olive skin.

The clothes, she says, are her 'uniform' for her current real-life role as a Parisian. She moved there from Los Angeles a year ago. Millepied, who she met on the set of *Black Swan* in 2009 and married in 2012, has a new job at the Paris Opera Ballet. 'I definitely pay more attention now to how I put myself together,' she says. 'In LA, I was very much wet hair and sweatpants. That's *not* acceptable in Paris!' she giggles. 'Listen, this [points to outfit] is not fancy but it's as good as I can do. I've learned it's about simple, dark colours. I have ten shirts and ten pairs of pants. I work a lot and have a family, so I don't have more than five minutes to think about what I'm wearing.'

She says she's adapted well to French life: her favourite wine is Bordeaux ('My husband is from there, so I have to say that,' she says with a coy smile), she loves the beauty treasure troves of French pharmacies (Homeoplasmine, 'a go-to cream for dry skin', is a recent discovery) and she's working her way around the city's museums, with Aleph in tow. She's firm friends with fellow Paris ex-pat Kristin Scott Thomas, her co-star in 2008's *The Other Boleyn Girl*. 'She's been incredible, welcoming me to France. She's introduced me to friends like Sylvia from [famously hip English-language bookshop] Shakespeare and Company, who is wonderful and showed me around schools and areas.'

Given her strong Jewish roots, I wonder how she feels about the rise of anti-Semitism in Paris. 'I think it's real, it exists,' she says softly. 'Hatred exists in many forms and in many places and it's important to be aware of it. If you can take something positive from it, it allows us to have more empathy to others who are experiencing it.' Portman remains an ambassador for Dior and the face of Miss Dior fragrance, after its designer John Galliano was fired for a drunken, anti-Semitic outburst in 2011. She swiftly condemned his actions at the time – making it clear that if he didn't go, she would. Three years on, Portman told another interviewer: 'I don't see why not to be forgiving to someone who is... trying to change. However, I don't think those comments are ever OK.'

Portman is in Cannes to promote her directorial debut, *A Tale Of Love And Darkness*. The film is an adaptation of Israeli writer Amos Oz's memoir about his childhood during the post-WWII period when Israel was formed. The dialogue is entirely in Hebrew, and Portman wrote the script, directed and stars as a young Oz's troubled mother, who committed suicide when Oz was just 12. It's intensely serious stuff and a passion project for the Israeli-born, New York-raised Portman. How was it, sitting in the director's chair for the first time? 'In some ways it's a scary experience, because you put so much into it,' she says. 'So you want people to be able to connect, relate and be moved by it. But at the same time because it's "me" in a bigger way than just an acting role, it also feels like, OK, if you don't like it, it's fine. It's easier to accept in a way, because I can take full accountability for it. Directing is exponentially more intensive than acting. Part of being an actor is getting lost in it, and part of being a director is being on top of everything.'

It's hard to believe Portman has been acting for 20 years. The only child of Israeli fertility doctor Avner Hershlag and his American wife Shelley was cast, at just 12 years ►

'I definitely pay more attention now to how I put myself together. In LA, I was very much wet hair and sweatpants. That's *not* acceptable in Paris'

This page: dress, Erdem

Previous page: dress,
Valentino; rings,
Alexandra Jefford





This page: dress and
necklace, both Dior

Opposite page: dress,
Alberta Ferretti;
shoes, Beyond Skin





old, in Luc Besson's thriller *Léon: The Professional*, as a wide-eyed Lolita-like nymph opposite Jean Reno's hitman-with-a-heart. Her role as Queen Padmé Amidala in the *Star Wars* prequel trilogy (spanning 1999 to 2005) made her globally famous, although it was during this period she retreated from the spotlight to study psychology at Harvard. Post-graduation, she's chosen roles that have cemented her position as one of Hollywood's smartest, most versatile and bankable stars. She famously shaved her head for graphic novel adaptation *V For Vendetta*, starred with Zach Braff in cool indie romcom *Garden State*, and played opposite Jude Law, Julia Roberts and Clive Owen in Mike Nichols' tense relationship drama *Closer*. In 2011, she won the Best Actress Oscar for her portrayal of frankly bonkers ballerina Nina in Darren Aronofsky's nightmarish and surreal *Black Swan*.

What advice would she give her 11-year-old ingénue self? 'Don't try to be a grown-up,' she smiles. 'Working kids are precocious. Everyone thinks you're older, but you're actually less mature, because you don't go through all the stages of real growing up.' She counts ►

This page: dress,
Alberta Ferretti;
earring, Solange
Azagury-Partridge

Opposite page: dress,
Simone Rocha;
earring, Solange
Azagury-Partridge



'I care about my work – I don't take it lightly. But a bad day at work is just a bad day at work. There's someone so much more important than me now'

her blessings that smartphone cameras weren't around to capture her teenage transgressions: 'I was in that lucky window: there was no Twitter, Facebook or Instagram. I went out and got drunk with my friends and no one knew.' She has the old head/young shoulders thing going on that you often find with stars who found fame young, sometimes speaking as if she's positively ancient. On playing the sister of 16-year-old Lily-Rose Depp (daughter of Johnny and Vanessa Paradis) in her next movie, the supernatural drama *Planetarium*: 'I'm old enough to be her mother!'

On the pay gap in the movie industry she says, 'There is an outrageous discrepancy between men and women in Hollywood. *Titanic* is a huge hit and Leonardo DiCaprio immediately goes to \$20m [£12.6m] per movie and Kate Winslet doesn't. But that feels totally like it's changing. Young women like Jennifer Lawrence and Kristen Stewart – they're the stars now. I don't even know who the guys are who are their age.'

Does she feel like she's from a different generation to those actresses, then? 'Oh definitely. Those girls are what 20, 22? And I'm 33.' (Lawrence and Stewart are both 25.) But then, Portman is two decades into her working life: 'I don't get panicky [about my career], I know the waves – sometimes it's quiet, sometimes it's wild. I feel like I've done so much, it allows me to try new things, like directing. I can follow my own curiosity. I've been doing this long enough to see that my path is my own. I'm not in a race with anyone.'

Forthcoming roles include playing Jackie Kennedy (perfect casting, no?) in a movie about the days following JFK's assassination, and a biopic about Ruth Bader Ginsburg, the US supreme court justice who, in the 70s, fought for the equal rights amendment – which had originally been used to tackle racial discrimination – to apply to women's rights, too. Terrence Malick's *Knight Of Cups* and *A Tale Of Love And Darkness* will hit cinema's next, before *Jane Got A Gun* next spring, in which she plays the titular lead in a Western about a woman fighting a gang of outlaws. On the plus side, she loved the costumes – 'I got so into wearing cowboy boots! I have this secret side to me.' Less happily, the film's director, Lynne Ramsay (*We Need To Talk About Kevin*), mysteriously walked out as filming began. 'It was chaos,' recalls Portman. 'I had a hard time; it was really challenging. But it gave me a real appreciation next time I walked on to a set where things ran smoothly. I'd taken that for granted before. And it also gave me an appreciation of the fact that my job is project-based, so I just had to make it through a few months. I know that some people have jobs where every day is really hard and dysfunctional.'

Such perspective is rare in a star of Portman's calibre. Even when discussing the movie-industry pay gap, she chooses, carefully, to preface her argument with 'everyone [in Hollywood] does well and [is paid] so much better than the regular population that it seems absurd to talk about it...'

With motherhood came a renewed sense of what's important. 'I care about my work – I don't take it lightly. But a bad day at work is just a bad day at work. There's someone so much more important than me now,' she says. Has that had an impact on her ambition? 'It hasn't really. I get guilt feelings a lot, which I think is normal. At least I tell myself that,' she smiles. 'There was something in [Sheryl Sandberg's book] *Lean In* when a [full-time] mother drops her daughter at school and the daughter back-talks and says [sneery voice], "Why should I go to school and study? So I can be a *mom* like you?" Being a full-time mom takes so much work and selflessness. But it is a question of: are you supposed to stop existing? If you have something you're passionate about, are you supposed to stop exploring that? I tell myself I want to keep exploring it, as long as I'm keeping my priorities right. I saw how meaningful my father's work was to him and how it inspired him, but I knew if I needed him, he'd be there in two seconds. I hope my family will see that, too.'

As for achieving work/life balance, she has a novel approach: 'Recently I had really bad jet lag. When I didn't sleep it meant I was able to do *everything*! I thought, "This is the secret! Not sleeping!" I worked, spent time with my family, worked out, read, showered, ha ha. No, basically, the answer is that it is impossible. My stylist Kate Young says out of being a mum, work and being a wife, one thing out of the three always suffers. You can do two well at the same time. The important thing is to rotate the one you're failing at.'

And with that, she's ready to go, back down the hill to Cannes *centre ville*, for dinner and drinks with Millepied and her parents, who are visiting from the States, and then she'll 'go out a little bit'. But as she emerges from the dappled shade of the olive tree into the sunshine, Portman addresses the biggest misconception about her. '[They say] that I'm serious. I just try not to say ridiculous things in interviews. Although if I have a free hour, I'd rather go read a book than get wasted. That is nerdily true!' She heads off, rosé in hand. 'Don't get too drunk,' I call after her. 'I won't!' she grins. I don't know if I believe her. ■

HAIR BY BRYCE SCARLETT AT THE WALL GROUP USING ORIBE. MAKE-UP BY SARAI FISZEL AT JED ROOT USING DIORSKIN. STAR: ROUGE BRILLANT AND CAPTURE TOTALE DREAMSKIN. MANICURE BY LAURENCE PIGNATA FOR DIOR. PROP STYLIST: ROMAN YURKIEVICH. THE TEAM STAYED AT TIARA MIRAMAR BEACH HOTEL. FOR RESERVATIONS, VISIT TIARA-HOTELS.COM. WITH SPECIAL THANKS TO MONICA DITER (CHATEAU DITER) AND NATALIE BUBIC (PALM PROPERTIES)

Top and shorts,
both Emilio Pucci





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Topshop

**STYLIST
TIP**

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WITH...**
Knee-high boots

£120,
Miss
Selfridge

£90,
Next

£139,
Dune

Belt, £45, Monsoon

Blouse,
£12, F&F

Blouse, £32, River Island

Skirt, £189,
Baum und
Pferdgarten

Ring, £85,
Pandora

Earrings,
£6.99, H&M

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£69, Marks
& Spencer



£50, ASOS

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Modernise sharp lines with a feminine flourish.
A pop of colour will earn you extra style points

STYLIST TIP

*'Inject colour into
a neutral look for
a fresh take
on tailoring'*

FINISH WITH...

*A standout pair
of earrings*



Bag, £199, Karen Millen



Sweater,
£20,
Intimissimi



Shirt,
£29.90,
Uniqlo



Dress,
£115,
COS



Trousers,
£99,
Boden

Shoes, £100,
French
Connection



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THE KEY PIECE

*A bomber
jacket*

Sweater,
£120,
ASOS



GET THE LOOK FOR LESS LAYERING

Quilting, patchwork and cable knits – it's time to pile on the texture. Getting snug has never been so stylish

FINISH WITH...

*Chunky black
brogues*



£99.99,
Vagabond



£100,
Timberland



£115,
COS



Skirt, £260,
Whistles



Shirt, £30,
River
Island



Sweater, £38,
Wallis



Bag, £180,
French
Connection



Dress, £225,
L.K. Bennett

STYLIST TIP

*'Quality textured
fabrics create
a luxe feel'*



THE KEY PIECE

A textured pencil skirt



£110,
Whistles

£38,
River Island

£40,
ASOS

GET THE LOOK FOR LESS

LADYLIKE

Tailored, textured and all grown up.
Think Blair Waldorf, 70s-style

STYLIST TIP

'Opt for structured shapes and layer up with wool separates'

FINISH WITH...

Low-heeled shoes



£80, Clarks

£32, Next

£215, Russell & Bromley



Brooch, £14,
Oasis



Coat, £195,
Topshop



Sweater, £85,
Gant



Dress, £35,
Dorothy Perkins



Dress, £119,
Coast

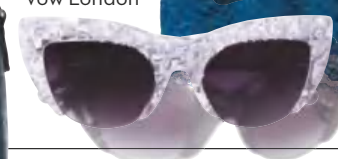


Jacket, £49,
Miss Selfridge

Bag, £15,
Accessorize



Sunglasses, £55,
Vow London





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THE MAKE-UP OF MAKE-UP ARTISTS

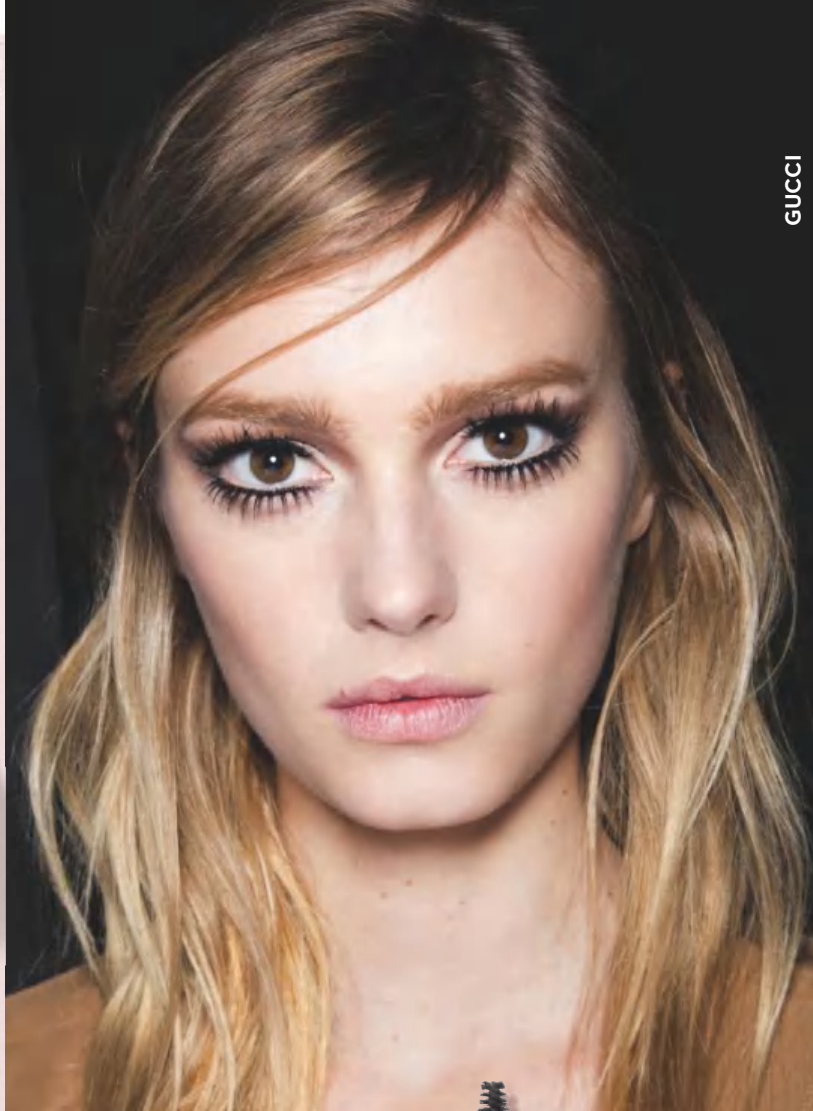


BRIGHTER DAYS

If you can't appropriate a bright nail in the summer, then when can you? And none are more chic than OPI's Venice Collection, £12.50 each. The standout shades are It's A Piazza Cake (top, left) and St Marks The Spot (left). Perfect paired with a tan and a smile.

MOLTON ROCKS

We've got news for you – metallics aren't just for Christmas. The elegant washes of colour in YSL Couture Palette Collector Metal Crush, £42.50, look incredible on sunny days, because the light catches the flecks of glitter, making your eyes look bigger.



BEAUTY NEWS

Soap reinvented, bright nails and a serum that could change your life...



WELL SUPPORTED

Hormones are a curse and a blessing. They control bodily processes, yet their fluctuations cause the skin to weaken, meaning it needs an extra dose of support. Enter Clarins Super Restorative Remodelling Serum, £80. It uses plantain extract to prevent the melting of fatty tissue that causes volume loss in the face. OK, science lesson over – just slather it on for plump skin.



ON THE LASH

Black-haired girls and lash drama queens rejoice! MDMflow Mascara, £21, has been designed with you in mind. It contains extra-dark carbon-based pigments for a really dense hit of onyx colour to define and add drama to eyelashes.



BEHIND THE MASK

Been a while since you applied a mask or exfoliated?

Nix that problem with Origins Original Skin Retexturing Mask with Rose Clay, £23, a mask-meets-exfoliator that draws out toxins and polishes to encourage cell turnover. We love a shortcut.

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Move over soap bars – it's *all* about soap paste. Using olive oil and botanical extracts, L'Occitane Aromachologie Rebalancing Black Soap, £16, deeply cleanses the skin to remove dead cells and dirt, and moisturises too for a do-it-all approach to shower time.

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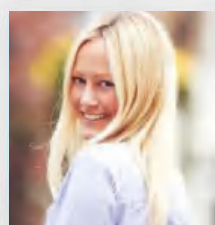


Q. My usual SPF 30 doesn't seem to prevent redness on my sensitive forehead and cheeks. Do I need to swap brands?
Sharon, 38



Madeleine Spencer
Beauty writer

MADELEINE: You may be mistaking the redness of irritation for sunburn. I'd suggest you switch to a mineral sunscreen, such as **Jane Iredale Powder-Me SPF Dry Sunscreen, £29.25**. The particles provide physical (rather than chemical) protection, so they reflect the sun's rays, but won't upset your skin. And, because this is a powder, you can reapply it during the day without having to remove your make-up. Also, keep a cooling spritz to hand to stop hot flushes from making your skin red. I decant **Jurlique Soothing Rosewater Balancing Mist, £18**, into a little bottle on warmer days, so I can use it on the go.



Lisa Oxenham
Beauty & style director

Q. I've worn acrylic nails for years and want a break, but my natural ones are weak and yellow. What can I do?
Reena, 28

LISA: Invest in a polish that allows oxygen and moisture to pass through to the nails to repair them, while disguising damage. Try **Nailberry L'Oxygéné Nail Lacquers, £13.50 each**. They come in lots of cool shades, including Lush (right) and Blueberry (far right), and you'll notice your nails look healthier on removal. When you use other polishes, apply a base coat to stop further discolouration. I rate **Maybelline New York Dr Rescue All In One, £2.99**, which doubles as a top coat.



DAVID KOMA

ASK THE BEAUTY EDITORS

Bring your beauty dilemma to the pros. Problem solved



Suzanne Scott
Beauty editor

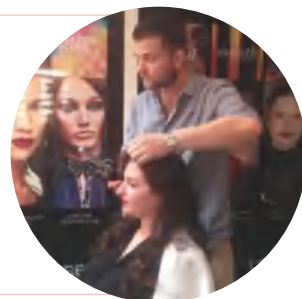
Q. I'm struggling with my super-straight Asian hair. It just hangs, and I'm desperate for texture. Help!
Chanelle, 32

SUZANNE: Two products will make all the difference. Firstly, prep your locks with **Aveda Pure Abundance Style-Prep, £21** – the acacia gum and rice bran work to hold any styling (curls, etc) in for much longer. Then, once you've dried or tonged your hair, seal down cuticles with a cool blast of air from your hairdryer, and finish with a maximum-hold hairspray. I rely on **KMS Hair Stay, £11.90**, because it also has UV filters to lock colour in and prevent frizz.



PRO TIP

'To disguise a thinning hairline, mist coloured dry shampoo on your scalp and roots. It hides any sparse patches and makes the strands appear fuller.' **Syd Hayes, L'Oréal Paris UK ambassador**



Tweet us @marieclaireuk #thebeautydesk or contact our experts @lisaoxenham_mc @suzanne_M_Scott @madsabouttown



HOW TO BUY... SUNNY SCENTS

Bottle those holiday memories with a sublime summer spritz

Words and styling by MADELEINE SPENCER Photograph by BENOIT AUDUREAU

1. THE FLORAL ONE *Shiseido Ever Bloom EDP, £40 for 30ml*

This is our kind of flowery scent. Centered around the camellia, it's milky, subtle and graceful.

2. THE SEXY ONE *Prada Infusion d'Oeillet EDP, £84 for 100ml*

In the mood for a summer fling? This perfume is intoxicating and undeniably unforgettable.

3. THE BOHO ONE *Jo Malone Mimosa & Cardamom Cologne, £42 for 30ml*

A mix of cardamom, mimosa and comforting tonka bean will provide a shot of warmth if the weather fails you.

4. THE HEADY ONE *I Am Juicy Couture EDP, £69 for 100ml*

Passion fruit, rose de Mai, musk and amber make this the ultimate stimulating fragrance.

5. THE BOLD ONE *Jimmy Choo Illicit EDP, £34 for 60ml*

Our top pick for standing out in the crowd – a riot of ginger, bitter orange and jasmine.

6. THE FRESH ONE *Chanel Chance Eau Vive EDT, £79 for 100ml*

The zingy combination of grapefruit and blood orange provides an olfactory lift. Spritz for an instant hit of energy.

7. THE EXOTIC ONE *Givenchy Immortelle Tribal EDP, £150 for 100ml*

If far-flung travel is your thing, you'll love this perfume's heady blend of fig leaf, sandalwood and tobacco.

8. THE DEMURE ONE *Must de Cartier Gold EDP, £75 for 50ml*

This scent mixes sexy jasmine and vanilla with bursts of refreshing blackcurrant bud. Wear with your finest Marant wedges.

9. THE REFINED ONE *Dolce & Gabbana Velvet Mimosa Bloom EDP, £155 for 50ml*

Mimosa blended with narcissus makes this our evening pick. Spritz behind the knees so a subtle haze wafts around you all night.

10. THE SWEET ONE *Calvin Klein Eternity Now EDP, £50 for 50ml*

Think sweet means sickly? Think again. Nectarine and lychee are grounded by musk to keep this firmly out of sugar-rush territory.

Shower And Glow



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THE RIGHT LINES

SMUDGED OR GRAPHIC,
A SLICK OF SULTRY BLACK
EYELINER IS QUITE THE
DRAW THIS SEASON

Photographs by SIMON UPTON
Words & styling by LISA OXENHAM

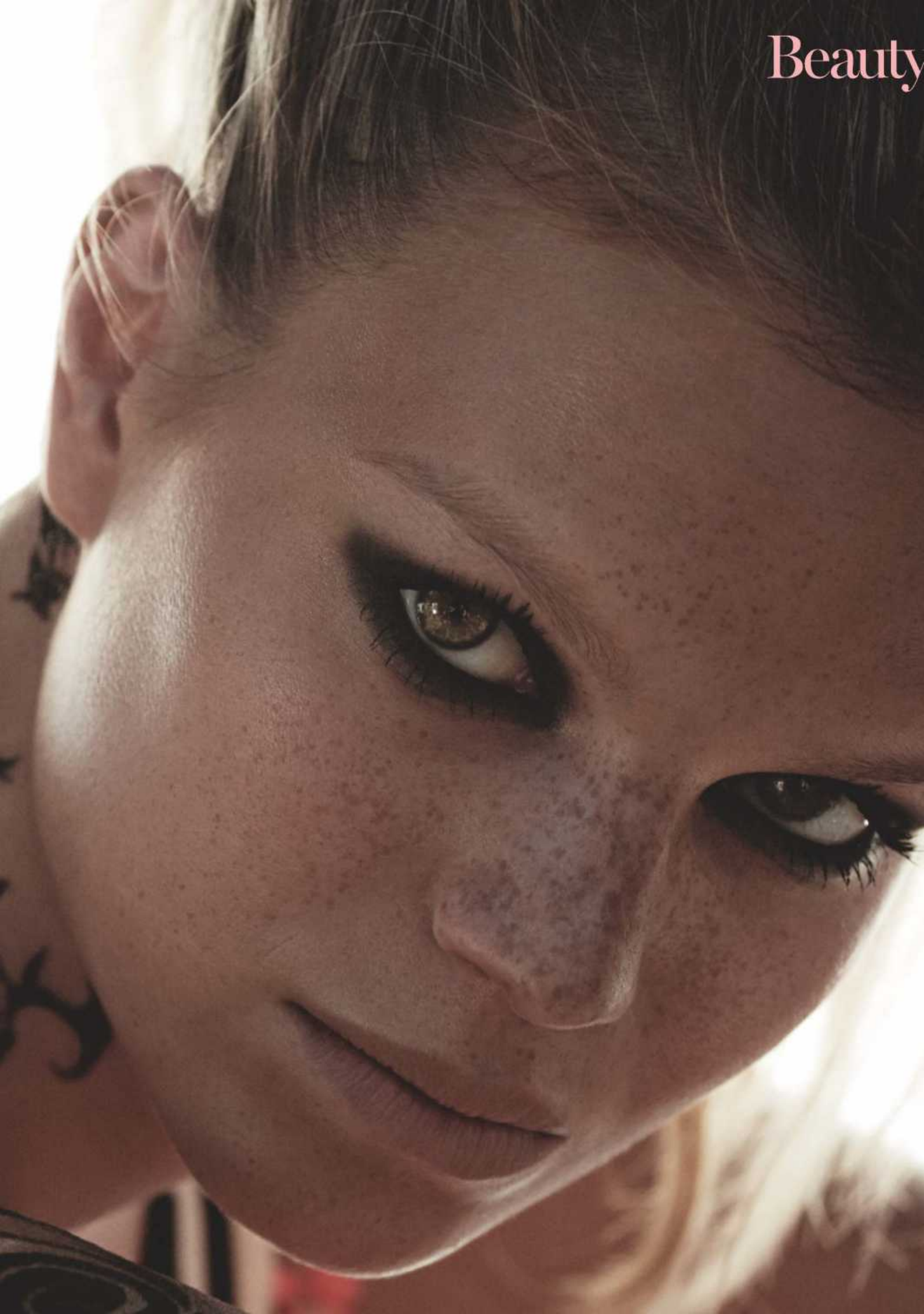
THE BIG SMOKE

A well-honed, smoky eye can disguise a number of beauty woes, from redness after crying (that bit when Mufasa dies in *The Lion King* gets us every time) to hangover puffiness. The sure-fire way to overcome less-than-sparkly peepers is to highlight and define them with gusto – just ask any rock chick, from Kate Moss to Sky Ferreira.

HOW TO It's time to nail that smudgy, lived-in eyeliner look. Make-up artist Sonia Deveney recommends Dior Diorshow Khôl in Smoky Black, £19.50. 'The thick, soft nib allows you to apply it with gusto without causing irritation,' says Deveney. 'Use a blending tool, such as Dior Professional Finish Smudging Brush in No 23, £25.50, to blend it into the upper lash line, and finish by filling in the upper and lower rims, and in-between the lashes, for definition.' ►

Vest, Damir Doma; tattoos, Inkwear.co.uk

Beauty



TO THE POINT

If you're about to fly out of the door and notice you're looking a little, well, forlorn, reach for the liquid eyeliner. Not only will it give your appearance an instant boost (liquid eyeliner always looks badass: fact), but a neat tick applied at the outer corners can lift your eyes and elongate their shape - hello, instant facelift.

HOW TO Deveney promises that liquid eyeliner is easy to master. 'You need to choose a product with a firm nib, like a felt tip, rather than a brush,' she explains. 'Starting at the inner corner of the eyes, draw three-quarters of the way along each lash line. Then, looking in the mirror, draw a dot where you want the flick to finish on the side of each eye - make sure they're level - and join up the lines with the dots. Easy, right?' Try

Max Factor Masterpiece High Precision Eyeliner, £7.99. It's super-pigmented and lasts up to 24 hours.

Top, Diesel; jeans, Frame Denim; rings, Konstantino; tattoos, Inkwear.co.uk



CHICK FLICK

Large eyes are a sign of youth (think babies and puppies), but we're not all blessed with Anne Hathaway-like peepers.

The solution? Make yours look larger by faking it.

HOW TO Opt for a gel liner, such as Smashbox Jet Set Waterproof Eyeliner Gel, £17 - the soft-finish texture will make the line a little blurred, whereas a neat liquid line looks less natural. 'Ensure the liner is a bit thicker towards the outer corner, and flick up slightly at the end,' says Deveney. Apply with a precision eyeliner brush (try Jane Iredale Detail Brush, £11.95), then curl your lashes and add a coat of mascara. 'Straight lashes close off the eyes, drawing attention away from your pupils,' says Deveney. ►

Swarovski-studded bra,
Jean Paul Gaultier; shorts,
Frame Denim; tattoos, as before



The secret to
model-beautiful hair?

head & sssssshhoulders

*Visible flakes seen at 2ft with regular use.



When it comes to her hair, **Sofia Vergara** doesn't compromise and neither should you. Get up to **100% flake-free*** and **model-beautiful hair** with Head & Shoulders Smooth & Silky Shampoo and Conditioner.



BACK TO BLACK

If you can't be bothered to change out of your jeans to go to that last-minute party, oodles of eyeliner twinned with a cool leather top will take your denim from shabby to chic.

HOW TO Arm yourself with Dior's game-changing Diorshow Pro Liner, £20. 'It glides on as smoothly as a liquid, but smudges easily to add that rebellious edge, before setting to stay put for a good 12 hours,' says Deveney. Or if it's serious staying power you're after, opt for Boots Seventeen Tattoo Me, £4.99, a semi-permanent liner that's beyond brilliant - you get a whole three days' wear from it. We're not joking. Perfect for party monsters, festival-goers and the abominably lazy. ►

Top, Fausto Puglisi; tattoos, Inkwear.co.uk



PLAY HARD

Nailed your smoky eye? Queen of the flick? It's time to get creative with your designs. But be warned: pare down the rest of your make-up to avoid looking like you've drawn all over your face by mistake.

HOW TO Use Rimmel's Scandaleyes Precision Micro Eyeliner, £3.99, for an effortlessly graphic and inky-black matte finish. Ideal for oilier skins, it really stays put. Maybelline New York's Master Precise Liquid Eyeliner, £5.99, has a similar nib, but it's a bit sharper at the end, which means it's great for creating a really neat line. What you draw is up to you, but remember, simple is better. You'll never look at eyeliner in the same way again... ■

Rings, Konstantino; tattoos, Inkwear.co.uk

The team shot and stayed at Constance Ephélia resort in Mahé, Seychelles. Rooms start at around £265 per night, including breakfast. To book, go to constancehotels.com/en

"There's more to life than hair but it's a good place to start."



AUSSIE

Dry tent? No Dry feet? Not quite Dry shampoo? Absolutely

Knee-deep in festival madness?
Let Miracle Dry Shampoo
keep you looking like
a crowd-surfing goddess.
Dance in the rain? Go for it.
Sleep in a puddle? Why not!
With these little beauties
nothing's off the bill
(except grease).

ROCK'N' ROLL
HAIR



IT ALL HAPPENS BETWEEN 12AM and 1am. The 'all' in question being the speediest rate of skin-cell renewal that occurs as we hit the deepest part of our sleep cycle. So, if our night is interrupted (ahoy, iPhone 'pings' and blustering babies) or we don't even make it to bed for that time (the average British adult gets to bed around 11.15pm), this has a cumulative negative effect on our skin's health. If you're waking up to dullness, drawn-looking features and irregular texture, more sleep aside, the only remedy is to use ingredients that go the extra mile when it comes to speeding up regeneration, explains Janette Ryan of Vichy. 'Ingredients like hyaluronic acid stimulate cell regeneration and caffeine speeds up the microcirculation,' she says. 'Above all, getting enough rest is the key to youthful-looking skin.'

But with a good night's kip never guaranteed, it's time to invest in sleep skincare as a serious beauty operation. It definitely avoids the morning Russian roulette of whether your skin is dewy and fresh, or greying and peaky.



SKIN SCIENCE OVERNIGHT HELPERS

Do we really need to use a night cream? Yes, says *Anita Bhagwandas* who tries the new-gen potions designed to truly deliver while you sleep



1. Elizabeth Arden Flawless Future Night Cream, £42

This rich cream uses a protective protein complex proven to minimise the look of early lines that are common with stress-induced sleep deprivation.

2. REN Wake Wonderful Night-Time Facial, £32

Want immediate results? Apply this omega 3-rich cream to your skin, hit the hay and peer at your hard work in the mirror come morning – it's *seriously* good stuff.

3. Vichy Idéalia Skin Sleep, £26.50

This luscious cream is designed to optimise your skin's renewal process even when you've had a short amount of sleep. Your skin feels all bouncy in the morning.

4. Sunday Riley Luna Sleeping Night Oil, £85

Like the feel of oil, but want stronger effects? The trans-retinyl ester (a potent form of vitamin A, not an alien – honest) in this elixir helps to reduce the depth of lines.

5. Dr. Hauschka Night Serum, £39

Worried about blocked pores? This lightweight gel serum uses apple-blossom extract to support skin's moisture levels, while witch hazel regulates oil production.

6. Olay Total Effects Night Cream Mask, £14.99

If you're seriously sleep-deprived, meet your new BSF (that's best skincare friend). It tackles seven ageing issues, like pigmentation and fine lines, and isn't heavy.

Overdone it
this summer?
Turn up the
hair
conditioning

Lazy summer days? Err, no.
Crazy summer days? You betcha.
Give summer hair the kiss of life with
Aussie Beach Mate Collection.
It's beached-out hair's
lifeguard in a bottle
(minus the 6-pack).

DINKY
TRAVEL SIZE



"There's more to life than hair but it's a good place to start."





HERVE LEGER

ON THE DOUBLE

At Hervé Léger by Max Azria, two rolls were better than one.

After a spritz of TRESemmé Get Sleek Creation Hairspray, £5.99, stylist Orlando Pita created a side parting, before splitting the hair into two sections and rolling them back towards the centre of the head. Lastly, he used an elastic to hold the style.

SUGAR RUSH

If you like the texture you get from a salt spray, but hate the bird's nest feeling that comes with it, try a sugar spray. Wella EIMI Sugar Lift, £9.50, gives a similar rough texture to your hair, without taking away the shine. And, surprisingly, there's no stickiness. We. Love.



HAIR FLASH



It's time to give your locks some TLC, hone your braiding skills and go blonde, supermodel style. Happy days

Hair Genius

Nicola Clarke, John Frieda's creative colour director and Kate Moss's colourist, tells us how to achieve the model's signature blonde

1. To get Kate's beachy hair, ask your colourist for a mix of highlights and balayage.

The combination is the best way to achieve a multi-tonal shade that looks effortless.

2. The colour should be lighter around your face and on the ends, and darker through the parting. This gives a natural, sun-kissed finish.

3. Over-colouring is one of the main causes of damage. Have regular

trims every six weeks to keep split ends at bay; it'll ensure the colour stays looking fresh.

4. Blonde turns brassy quickly, and some shampoos strip colour. Maintain vibrancy with John Frieda Sheer Blonde Everlasting Blonde Shampoo and Conditioner, £6.99 each.



THIRST AID

Colouring, heat styling, the environment – the list of troublemakers is endless. Plus, it can be tricky to get healing ingredients past the surface of the hair and into its cortex, where they can work their magic.

Nioxin 3D Styling Rejuvenating Elixir, £16.90, protects the hair's surface with polymers, and lets conditioning agents penetrate deeper, so that moisture is retained within. Winner.



AROUND THE TWIST

It may seem like a minor problem, we know, but isn't it frustrating when your carefully crafted braid slips out before you've even left the house?

Work Redken Braid Aid O3, £19, through your lengths and ends before plaiting, then use the Scünci Insta Twist, £30. Simply secure two sections of hair in each clip and slide the switch up, then down. Hey presto, you'll have braids that last all day.

"There's more to Aussie than hair."



AUSSIE

Aussie Body Wash.
Make yourself a smoothie.
(No blender required.)

Are you a
smoothie-in-the-morning
kind of girl?
Then hop (like a kangaroo)
into the shower with
Aussie Body Wash.
Exotic ingredients.
Fab fragrance.
And skin that feels as
smooth as a bundle
of baby koalas.





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See what they say at garnier-olia.co.uk

*Instrumental test, Olia Carmin-R technology vs. previous Garnier red technology.
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- Available in 2 elegant shades.



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*POWERED BY OIL. EXCEPTIONAL REDS
AND BETTER LOOKING HAIR.*

GARNIER

THE FACE OF AUTUMN

AW15's shows heralded glossy locks, experimental eyeliner, lashings of glitter and nail colours that are as bold as they come. Plus, meet the latest power lip. *Words by Suzanne Scott*

NEW ROMANTICS

Here's a secret – warm shades of apricot and ochre do wonderful things to every eye colour. They brighten lids and add romance to any look, as was the case at Preen, Hervé Léger and Thakoon. Use your new autumnal palette rather than heavy contouring to sculpt your face. As MAC's director of make-up artistry, Terry Barber, explains, 'Wear your blush high up on your cheekbones to define them in a more natural way.'

DO use a fluffy brush to diffuse harsh edges. Suqqu's Cheek Brush is a *Marie Claire* beauty desk favourite.

DON'T team these washes of colour with strong eyeliner. Use brown mascara and let the softness do the talking.

THE SHOWS **Hervé Léger:** Make-up guru Val Garland used Grand Canyon from the AW15 MAC Trend Forecast Palette, £35, and blended it to bring a 'soft sensuality' to lids, cheeks and lips.

Preen: Garland applied MAC Cream Colour Base in Mid Tone Sepia, £15.50, to define the eyes and MAC Studio Finish Skin Corrector in Caramel, £12.50, to warm the cheeks.

Thakoon: Make-up visionary Diane Kendal blended Nars Dual Intensity Blush in Craving, £30, on lids and into the crease of the eyes.



PREEN



THAKOON

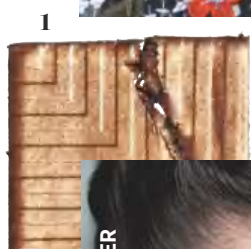


PREEN



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6



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HERVE LEGER

THE KIT

1. Nars Dual Intensity Eyeshadow in Telesto, £21
2. Dior Rouge Dior Lipstick in Trafalgar, £26.50
3. Dior Addict Fluid Shadow in Aurora, £25
4. Clarins Rouge Eclat in Red Paprika, £19.50
5. Suqqu Cheek Brush, £85
6. Dolce & Gabbana The Blush in Apricot, £33



DARK ARTS

Black lipstick, terrified much? Lying between Grace Jones, Jessie J and Halloween, it's an acquired taste. But after seeing boldly blackened lips at Giles and Emanuel Ungaro, black lipstick revealed its sophisticated prowess. 'Bold, black statements can be very chic,' says Barber. He suggests 'eggplant or oxblood' as an alternative if it's a little too much. The dark side is calling you.

DO use a lip brush. A neat line is definitely required when you're wearing a dark lip. Choose a fine-tipped lip brush like Zoeva 330 Lip Contour Brush to ensure ultra precision.

DON'T pile on the eye make-up. A black - or almost black - lip is a strong statement in itself. Apply a little mascara and let your pout do the talking.

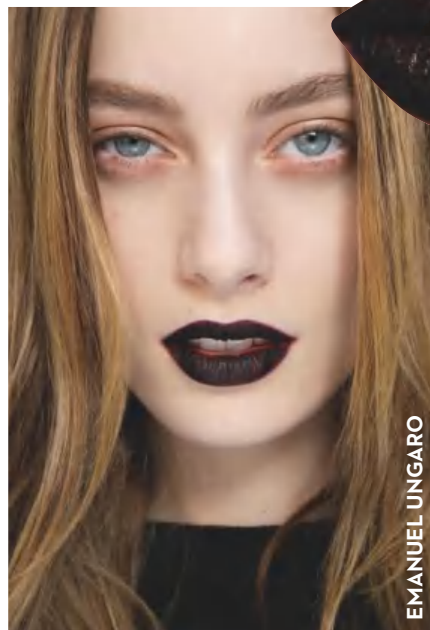
THE SHOWS **Carolina Herrera:** Kendal applied MAC's Retro Matte Lipstick in Oh, Lady, £15.50, for a vampy lip.

Giles: Make-up maestro Lucia Pieroni softened a black lip by using warm shading under the cheekbones and into the temples.

Emanuel Ungaro: Pieroni mixed black and burgundy for a super-intense pout. ►



GILES



EMANUEL UNGARO



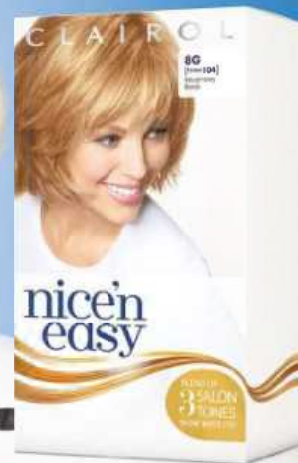
THE KIT

1. Giorgio Armani Rouge Ecstasy in Mania, £27
2. Urban Decay Revolution High Color Lip Gloss in Apocalypse, £15
3. MAC Lipmix in Black, £14.50
4. Revlon Super Lustrous Lipcolour in Black Cherry, £6.29
5. Zoeva 330 Lip Contour Brush, £6.95

SHIFT A SHADE & FIND YOUR
TRUE COLOUR

I've been the same shade
of red for years, but it's time to
change it up. Hello, Golden Blonde!
Looks so natural, I almost
forgot I was a redhead!

COLOUR SO NATURAL LOOKING,
*IT'S THE UK'S #1**



nice'n
easy

CLAIROL

Christina Hendricks in Nice'n Easy 8G Natural Honey Blonde

*based on 12 months IRI colourants unit sales ending January 2015. ©2015 P&G

clairol.co.uk



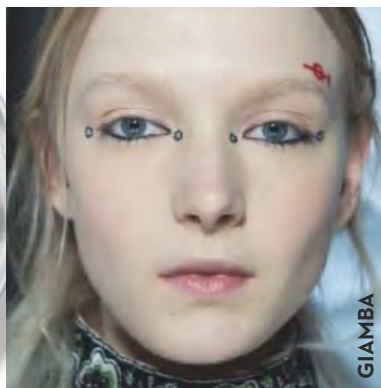
ROCHAS



FENDI



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GIAMBA



2

3

EYES DOWN

If you're anything like us, eyeliner is the one thing you're more than happy to experiment with and, when it comes to a party, the sky's the limit. 'Eyeliner is in an interesting place at the moment. For many women, this is the area they're most likely to customise,' says Barber. The joy of eyeliner is that *anyone* can wear it, just adapt your masterpiece depending on your skill with an eyeliner brush. To make your eyes appear wider, concentrate from the middle of your pupil outwards. To make them appear rounder, keep the line in the middle of your top and bottom lashes thicker.

DO use a good eyeshadow primer and setting spray. We love Urban Decay's All Nighter Make-Up Setting Spray, £21, and Eyeshadow Primer Potion, £16 - they'll stop your design from slipping south as the night heats up.

DON'T be scared. Experimentation is the way to go. Take your look as far as your confidence will allow.

THE SHOWS House of Holland: Make-up artist Isamaya Ffrench ditched the eyeliner pencil and went instead with broad brush strokes across the lids.

Giamba: Garland used MAC Fluidline in Blacktrack to sketch tiny circles.

Anthony Vaccarello: Inspired by the collection, make-up artist Tom Pecheux drew an incomplete star at the outer corners of the eyes. ►

THE KIT

1. MAC Fluidline in Blacktrack, £15.50
2. YSL Beauté Couture Kajal in Vert Anglais, £25
3. Chanel Long Lasting Eyeliner in Ardent, £19
4. MAC Small Angle Brush, £16.50
5. Nars Kohlner in Minorque, £18.50



ROCHAS



4



5



HOUSE OF HOLLAND



ANTHONY VACCARELLO



PACO RABANNE

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Britain's No. 1
supplements*




VITABIOTICS
WHERE NATURE MEETS SCIENCE

SHINE ON

Gems and sequins are de rigueur for an evening soirée right now, as seen at Rodarte and Temperley. Nars make-up artist James Kaliardos used a delicate strip of crystals under the lower lash line at Rodarte, while the sequins at Temperley looked understated without mascara.

DO use eyelash glue to stick the gems to your skin. Duo is by far the best.

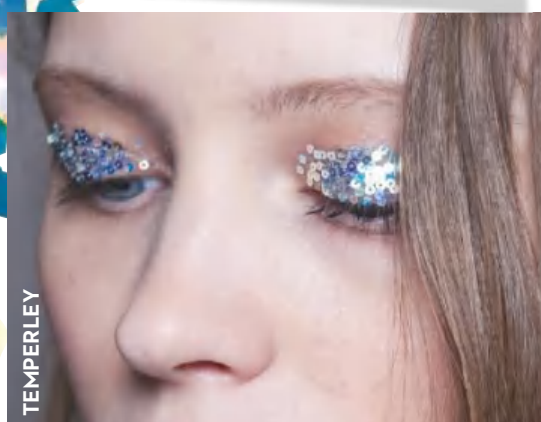
DON'T go crazy. Apply where you would typically use liner or eyeshadow.

THE SHOWS Rodarte: Kaliardos emphasised lower lash lines with a slew of Swarovski crystals.

Temperley: Garland used sequins from the dresses to adhere to the eyelids.

THE KIT

1. Topshop Glitter Pots in Flash, Periwinkle and Candy Rain, £5 each
2. Claire's Mixed Body Jewels, £3.50 for 50
3. Urban Decay Moondust Eyeshadow in Moonspoon, £14
4. Duo Eyelash Adhesive, £4.99



BABY LOVE

You know those annoying broken, baby hairs that poke out from your hairline? Well, it's time to embrace them. Allow fine, fuzzy hairs free reign to soften a square jawline or larger forehead.

DO stick to an up-do. It looks too accidental if your hair is down.

DON'T use hairspray on your baby hairs. Instead, opt for texturisers or dry shampoos that will still leave your locks looking soft and tactile.

THE SHOWS Giles: Toni & Guy global creative director Sacha Mascolo-Tarback

referenced schoolgirls for the fluffy baby hairs she created.

Margaret Howell: Hairstylist Anthony Turner used L'Oréal Professionnel Tecni Art Fresh Dust, £10.49, to add structure and texture to rogue, flyaway hairs. ►

THE KIT

1. Redken Wind Blown Dry Finishing Spray, £9.50
2. Wella Professionals EIMI Ocean Spritz, £16.30
3. TRESemmé Perfectly Undone Root Lifting Texturising Dust, £5.50
4. VO5 Give Me Texture Rough & Sexy Sea Salt Spray, £3.99



1



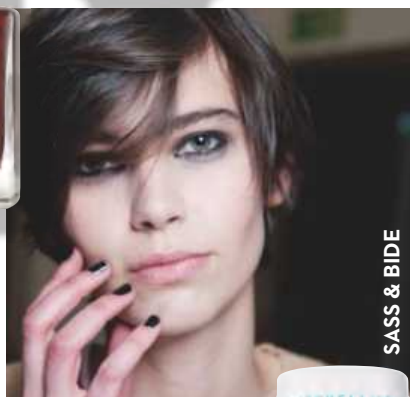
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3



GILES



SASS & BIDE



ANTONIO BERARDI



4

THE KIT

1. Dior Vernis in Black Out, £19
2. Essie Nail Laquer in Nocturnelle, £7.99
3. Max Factor Gel Shine Lacquer in Sheen Merlot, £7.99
4. Maybelline New York Dr Rescue Gel Effect Top Coat, £3.99

NAILS INK

According to nail expert Marian Newman (who was responsible for the nails at Giles, Emanuel Ungaro and Gareth Pugh), the most flattering nail colour ever on a woman is actually black - or thereabouts. 'Various shades of dark - whether we're talking black or a rouge noir - suit every skin tone from porcelain to dark chocolate,' Newman explains. Noted.

DO keep your nails slightly longer than usual - dark nails can make your fingers appear very short. 'Mirror the shape of the cuticle when filing your nails,' explains Newman. 'It will always be the most flattering shape for you.'

DON'T be sloppy. A neat edge is imperative with a dark nail colour and a slap-dash approach won't do. Use Nails Inc SOS Pen, £12, for any mistakes.

THE SHOWS Giles: Newman layered plum over black for added intensity. **Sass & Bide:** A mixture of MAC's Studio Nail Lacquer in Nocturnelle, £10, and Blue Pearl Top Coat, £10, worked well to create the season's inky nails. **Antonio Berardi:** Dark nails provided a contrast to bright lips.

LADY KILLER

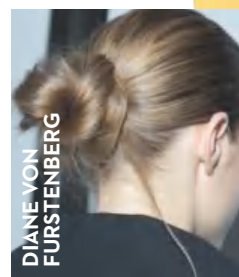
This season saw a welcome return of groomed, glossy locks. Wella Professionals global creative director Eugene Souleiman, who created the AW15 look at Chloé, says, 'Real women want a luxurious feel to their hair without that messy texture.' Whether we're talking about a down-do (Blumarine gets our vote) or a slightly dishevelled up-do, seen at Diane von Furstenberg and crafted by TRESemmé's Orlando Pita, the key is silky texture.

DO add a brushed-out wave for light reflection. GHD Curve Soft Curl Tong, £110, creates the perfect soft bend.

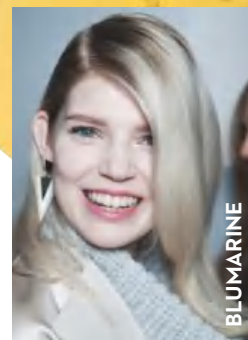
DON'T let your colour fade. Redken's global creative director Guido Palau says, 'For maximum shine, you need a subtle and elegant blend of colours.'

THE SHOWS Blumarine: Souleiman applied Wella Professionals EIMI Perfect Setting Blow Dry Lotion, £9.50, for a flawless finish.

Diane von Furstenberg: Orlando Pita used TRESemmé Get Sleek Creation Hairspray, £5.99, to prep the hair and control flyaways. ■



DIANE VON FURSTENBERG



BLUMARINE

THE KIT

1. L'Oréal Professionnel Techni Art Dual Stylers Sleek & Swing, £14.99
2. L'Oréal Elvive Nutri-Gloss Luminiser Extraordinary Gloss, £9.99
3. Aveda Smooth Infusion Nourishing Styling Creme, £22.50
4. TRESemmé Oleo Radiance Oil Elixir, £8.99



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1. Sisley Black Rose Cream Mask, £95.50 2. Nars Velvet Matte Lip Pencil in Red Square, £19 3. Cetaphil Gentle Skin Cleanser, £8.99 4. Eau Thermale Avène Micellar Lotion Cleanser & Make-Up Remover, £12.50 5. SkinCeuticals Brightening UV Defense SPF30, £39 6. Santa Maria Novella Acqua di Colonia Melograno, £85 7. YSL Beauty Rouge Pur Couture The Mats in Orange Imagine, £26 8. Cire Trudon Spiritus Sancti Candle, £60 9. L'Oréal Professionnel Pro Fiber Restore Shampoo, £12.99



MY BEAUTY RULES

EVA GREEN

Make-up can be dangerous when you have pale skin – sometimes I can look like Morticia Addams. You can put your foundation on and think you look fine, then you step outside and see your reflection, and you're like, 'Fuck! It's too dark!' I can get away with a bit of blush, and that's about it.

I'm not great at doing my own make-up.

I have a make-up artist who gives me beautiful smoky eyes for events, but when I have to do it myself, I focus on red lipstick with no mascara, and straight or tied-back hair. YSL Beauty does a tomato-orange matte lipstick that really stays put. I also love Nars Velvet Matte lip pencils because you don't need to use a separate liner.

Filming *Penny Dreadful* in Ireland last winter really took its toll on my skin.

I rely on a good, fragrance-free make-up remover from Cetaphil or Avène and apply a cold cream to replenish my skin. I always wear SPF, but find factor 50 too pale and thick, so I use SkinCeuticals Brightening UV Defense SPF30. I love Sisley's treatments, too.

I have been wearing the Melograno scent by Santa Maria Novella for years.

The ex-Bond girl on red lipstick and the challenges of pale skin. Just don't confuse her with Morticia Addams...

I can't even tell you what I love about it. Friends often say to me, 'I smelled you before I saw you.' It's my signature fragrance, but it's very subtle.

The role I'm playing now is quite cool

[as Miss Peregrine in Tim Burton's *Miss Peregrine's Home for Peculiar Children*]. My hair is kind of bonkers. It's a 40s style with a twist. I also loved my look in another movie I starred in, called *Cracks*. It's set in the 30s – all high-waisted pants and bobbed hair.

My hair is styled a lot. I hate spending too much time in the hairdressers, so I prefer quick treatments like the L'Oréal Professionnel Pro Fiber service [around £10-£15], which only takes about 15 minutes. My hair always feels thicker and healthier afterwards. I use the shampoo and conditioner at home to maintain it.

In the evenings, I put olive oil all over my hair. It's very thick, and nourishes deeply, but it can stay on my hair even after shampooing, so I tend to use it when I know I'm not working.

I need to run to soothe my nerves. It's a good way just to let it all out. I run every day for between 20 and 30 minutes. I find it difficult when I'm away filming to work out on my own; I need someone to kick my arse, so I run instead. I'm not some crazy Hollywood fitness type. When I'm working, the only thing I want to do when I get home is have a drink.

I've started steaming my vegetables, but I'm not a great cook. I like my food either steamed or raw to maintain the nutrients – and they need to be organic. I'm like my own chemist; I juice veg like kale, broccoli, watercress and cabbage to boost my immune system, and I add apples and grapes, so it's more drinkable.

I could live by candlelight. I hate artificial lighting and I'm really into candles. My mother is always like, 'Oh my god! It's like you live in a church!' My favourite candle is Cire Trudon Spiritus Sancti. It smells like incense.

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'So, if I drink this, will I look 18 again?'

BEAUTY ENQUIRER

ANTIOXIDANTS UNCOVERED

We guzzle them in juices and slap them on our faces, but are antioxidants the skin-saving miracle they're cracked up to be? *Anita Bhagwandas* delves beyond the hype

ANTIOXIDANTS - WHAT IS THEIR

deal? They think that they can prevent everything, from cancer through to the impertinent signs of ageing. And the beauty industry is categorically obsessed with them (they're the most popular skincare ingredient ever, according to market analysts Mintel). While it might sound churlish to deny their prowess, I'm still a little dubious about these cocky swines and their cure-all approach. So, in order to clear up any confusion, I want to know what they do, if they work, and whether all antioxidants are created equal. I'm guessing that you might like to get the lowdown, too.

WTF ARE THEY?

Take an apple, cut it in half, leave it out for an hour and watch as the flesh turns a murky brown. That process, my friends, is oxidation, and it's caused by free radicals in the air. In part, the same thing happens when it comes to our bodies. When we're exposed to UV, pollution or other stressors such as smoke and chemicals, free radicals form in the skin. At a cellular level, these free radicals can kick off a chain reaction that causes a huge path of destruction and often, ultimately, the death of the cell. But antioxidants neutralise free radicals and halt the process, which means they're all

kind of awesome. Common antioxidants include compounds such as vitamins C and E, coenzyme Q10, Idebenone, zinc, copper and beta-carotene, but the list is endless – there are millions of them, with many different functions.

Our bodies do produce their own antioxidants (made by our cells), which neutralise 99.9 per cent of free radicals. But by the age of 30, our cells can no longer eliminate them fast enough (boo hiss!) – and that's when fine lines and collagen depletion set in.

One of the big claims for antioxidants when used in skincare is that they calm inflammation (look for ingredients such as alpha lipoic acid, green tea and pine bark especially) by increasing circulation and cell metabolism. They're also used for reducing the appearance of scar tissue (opt for products that contain allium, to increase blood flow to damaged cells) and repairing sun damage (you'll need more than one antioxidant to take on this particular bad boy).

HOW ARE THEY USED IN SKINCARE PRODUCTS?

It's only over the past ten years that the beauty industry has really woken up to the value of the antioxidant, and using extracts from foods such as pomegranate, green tea, grape seed and mushrooms has become standard practice. I've trawled stacks of scientific journals to check whether they're worthy of the praise, and it's true – the stats add up in favour of antioxidants and their effects on the body. But that doesn't mean they always work as part of a beauty regime.

When formulating skincare products, you can't just throw in a shedload of antioxidants and hope for the best. There are three key factors involved: how to keep them stable in the product (antioxidants are easily perishable); how well they are actually absorbed into the skin; and what concentrations are necessary to make them effective without being an irritant.

Let's take the issue of stability first. The biggest problem is exposure to ►

light, which facilitates the breakdown of antioxidants, rendering them less potent. One way of solving this is by packaging skincare in opaque bottles and metal tubes, as the natural brands Neal's Yard Remedies, Grown Alchemist and Antonia Burrell tend to do. It's a simple measure, but an effective one. And abiding by the 'use within' dates stated on the bottom of every product is vital; if it says 6-12 months, stick to this to see the true effects.

Now to tackle antioxidant absorption. We know that when you enjoy a green juice or a load of berries, antioxidants are circulated through the body in our blood and absorbed into the cells. But part of the concern about applying antioxidants topically has been that they may not be absorbed, and could just sit on the skin doing nada. Dr Mike Bell, skincare scientific advisor at Boots, explains why this isn't the case. 'Topical antioxidants target the surface epidermal layers of the skin,' he says. 'They work by quenching the free radicals that are on the skin's surface, and by supporting the skin's own natural antioxidant systems in the surface layers of the skin.' Put simply, they neutralise free radicals on the top few layers of your skin, then trigger your

body's systems to fight anything that's a bit deeper. Combining them with your internal antioxidants (which we obtain from our diets) is the ideal way to quash oxidation on the inside, too.

Finally, how do we get the right combination to keep our skin looking swell? 'There are a number of different types of free radicals generated in the skin, depending on what the external stressor is,' explains Dr Bell. 'But a blend of antioxidants is required to tackle the key free radicals that cause accelerated ageing. Polyphenols, for instance – found in tea, ginseng and mulberry – quench superoxides; vitamin C is very effective with ozone; and vitamin E and beta-carotenes work against singlet [less stable] oxygen generated by UVA exposure.' Essentially, there's an antioxidant to correct all our environmental ills, you just need to know what you're looking for (don't worry, we'll help – see below).

A WORD ON YOUR SUPERFOOD DIET

Now we know that one antioxidant does not cure all, it makes sense that we're advised to have variety in our diets. The synergistic effect of antioxidants is

well documented, with many studies finding that people who consume a variety of antioxidant-rich foods have a lower chance of developing certain diseases than those who don't.

It's not all about the berries and expensive stuff, either. Superfoods (especially fresh produce) are ace, but they tend to come from other countries. By the time they've reached you? You guessed it – they're not quite so super. Consult the ORAC scale (just Google it), to discover the antioxidant capacity of various foods. Dr Dendy Engelman, Elizabeth Arden dermatologist, also recommends supporting your diet with oral antioxidant supplements – your best bet is a humble vitamin C tablet, because any excess the body doesn't use is excreted, rather than being stored by the body (potentially dangerous).

The main miscommunication when it comes to antioxidants is that they will solve *everything* skin-related – they won't. But, used wisely – in combination with your trusty SPF and a healthy diet – they can form a sound part of any anti-ageing routine, and you should definitely get on board. I'm entirely convinced, which rarely happens – and sorry that I ever doubted their brilliance. ■

YOUR SUPER-CHARGED SKINCARE KIT

The antioxidants you need to infuse your complexion throughout the day

Lycopene in your cleanser

If your skin looks drab first thing, try a cleanser with lycopene (derived from red fruit and veg). It promotes collagen and reduces DNA damage. Find it in **Indie Lee Brightening Cleanser, £24.95**.



Vitamin C in your serum

This cold-fighter is also a kick-ass antioxidant that boosts collagen production and brightens skin. It's at its most potent in **SkinCeuticals Phloretin CF Gel, £150**, which remains effective for a minimum of 72 hours, even if you wash it off.



A multitasking day cream

Bring in the big guns for your day cream, which needs to protect skin from the likes of air pollution and UV light. **No7 Early Defence Day Cream, £19.50**, contains a broad spectrum of antioxidants, including polyphenols and vitamin E, to fight the majority of free radicals that we'll encounter during an average day. Nice work.



Vitamin A before bed

Retinol is a mega-antioxidant from vitamin A, but be warned: too much is an irritant; too little is ineffective. Wear **Paula's Choice Skin Balancing Super Antioxidant Concentrate Serum, £29**, at night, when skin's in repair mode.



Idebenone in your eye serum

The eye area is particularly susceptible to free radicals, so apply potent Idebenone, courtesy of **Elizabeth Arden Prevege Anti-Aging+ Intensive Repair Eye Serum, £95**.



CoffeeBerry in your night treatment

Developed by the same scientist as Idebenone, CoffeeBerry has been shown to diminish the effects of harmful UV radiation. Try **Priori Revaléskin Night Cream, £75**.



Green tea in a facial mist

Chemicals in green tea called catechins can reduce cell damage and inflammation. Use **Dermalogica Antioxidant Hydramist, £36.90**, to top up your antioxidant intake over a day.



TIME TO SHINE

Meet your new hair heroes – leave-in tinted mousses that boost colour, restoring richness and shine



WHO DOESN'T FEEL GREAT after leaving the salon with a gorgeous new hair colour? It's an instant confidence lift. However, our hair has a tendency to fade or change tone as the months pass, especially in the summer months with added exposure to water and colour-zapping UV rays. Blondes can go brassy, while some brunettes take on a dull red or coppery hue. Now, making the colour honeymoon

last that little bit longer just got a whole lot easier thanks to the Charles Worthington Colour Revive Mousses.

These temporary, leave-in tinted foams give a glossy boost to your hair, helping to revitalise your colour for two to three washes. They're also great for enhancing uncoloured hair by emphasising its natural tones. There are five shade options – Dark Brown, Light Brown, Blonde, Violet Toning (reduces brassiness in

blondes) and Clear Gloss (ideal for every hair colour). All are super conditioning and will restore colour and inject a salon-fresh shine. Brilliant, really.

Charles Worthington Colour Revive Mousses are available exclusively at Boots and boots.com

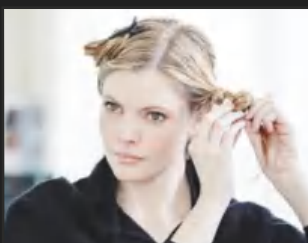
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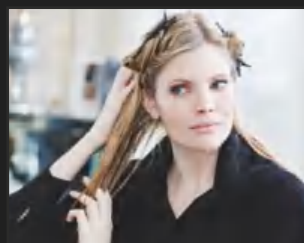
Colour Revive Mousses revitalise both coloured and untreated hair



1 Use Charles Worthington Colour Enhancer shampoo and conditioner.



2 Comb hair into four sections, keeping in place with clips.



3 Apply 1-2 pumps of mousse to each section. Comb through.



4 Blow-dry, style and admire your hair's new vibrancy.

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HOW TO GET THE BEST FROM YOUR GP

After waiting a fortnight for an appointment, you emerge five minutes later clutching a prescription you know you probably won't take. *Chloe Lambert* reports on the golden rules for dealing with your doctor

RESPECT THE GATEKEEPER

Probably the biggest mistake you can make is to get on the wrong side of your GP's receptionist – it will affect how you get on with your doctor, too.

'Some patients are rude and unpleasant to reception, but then sweet as pie to me,' says Dr Toni Hazell, a London GP. 'But by the time they've walked into my room, I've already had a message on my screen telling me they kicked off in the waiting area.'

As a rule, charm will get you everywhere. 'I always try to be helpful,' says Sheila Wells, a GP reception manager, 'but if someone is particularly nice to me, I'll bend over backwards to get them an appointment.'

Patient confidentiality is paramount (receptionists will have

signed a confidentiality statement), so do confide in what the problem is. That way, they can help you get the best possible treatment.

'Some patients don't like it,' says Wells, 'but if you tell me what you're coming in for, I can make sure you see the correct person.'

KNOW WHEN IT'S URGENT – AND WHEN IT'S NOT

Many practices now offer telephone appointments for minor ailments (ask your receptionist) and same-day appointments for emergencies. If it is urgent, it's usually best to call as soon as the practice opens, rather than turning up in person. And only book these for urgent matters. 'You'd be amazed how often I see patients for an "urgent" appointment, but it's only urgent because it's their day off, and their ingrowing toenail has been like that for a month,' says a GP who has asked to remain anonymous. 'For heaven's sake, book a routine appointment!'

There are also longer appointments of 15 or 20 minutes for more complicated conditions, which receptionists will schedule if they see fit. And, if you have the choice, consider whether you'd prefer a male or female doctor.

But the biggest bugbear for GPs and receptionists? DNAs

(Did Not Attends). If you can't make your appointment, don't forget to call and cancel.

DITCH THE SHOPPING LIST

'My heart sinks when someone comes in and says, "I haven't seen you in ages, so I've brought a list,"' says Dr Hazell.

That said, if you have a few minor problems, it may be possible to cover more than one in a single appointment. 'If you have a list, read what's on it at the start, so the doctor can decide what's most important,' advises our anonymous GP. 'People sometimes come in and tell me about three trivial things and only at the end, as they're walking out, do they mention they've been having some unusual discharge.'

DON'T MAKE IT HARDER THAN IT IS

Pre-empt what your GP will ask to save time. It's useful to keep a diary of your symptoms in the run-up to your appointment. Is it happening every morning, or once a week? Is it getting better or worse? Does anything alleviate it? If you're concerned about retaining information, or asking relevant questions, bring along a friend. GPs are happy for someone to accompany you, as long as you ►

don't mind that person knowing your medical history.

Think you may be examined? Don't wear several layers. The more time you can save stripping off, the more time you'll have speaking to your doctor. 'If you think you might have your blood pressure taken, wear short sleeves,' says our anonymous GP. And do pay attention to how you present yourself, because doctors *will* make snap judgements – however much they try to treat us all equally.

'If you continue to talk on the phone during your smear test – yes, that does happen – I can't help but form a negative opinion of you,' adds the GP.

CUT THE BS

As a rule of thumb, doctors halve the amount of exercise a patient claims to take and doubles the amount they say they drink. But the more honest you are, the sooner you'll get to the root of your problem and the most effective treatment.

'If you weigh 27st, I don't believe that you don't eat anything,' says Dr Hazell. 'I'd much rather you came in and said, "I'm really struggling with my weight and I comfort eat. Can you help me?"'

The same goes for whether you've been taking your medication: 'If I prescribed a pill for irregular bleeding, but you didn't take it because you were worried about hormones, unless you're honest, I'll want to prescribe a stronger pill and will keep going until I realise what's going on,' says our anonymous GP. 'So just tell me.'

Feeling awkward? Seriously, GPs have seen it all. 'If you've got a lump, you're depressed or bleeding from your bottom, we want to know about it and we're not going to be shocked,' says Dr Hazell. 'GPs can tell when someone isn't telling the whole story.' Unfortunately, they don't have the time to delve, so unless you speak up, whatever is really bothering you will go untreated.

GOOGLE AT YOUR PERIL

Most GPs don't mind if you've already Googled your symptoms, or even if you bring along some printed material. 'It's helpful if you're knowledgeable about what you think is wrong,' explains our anonymous doctor. 'And if you're worried it's something serious – for instance, if you've printed off information about bowel cancer – I can help address that worry straight away. But don't use your GP as a rubber stamp for something

that you've already decided you want.' No matter how sure you are about what you have and what you need, be prepared to listen to your doctor's opinion. Don't arrive at the surgery fixated on getting a referral, or a particular test or scan. Remember, GPs are skilled in dealing with a number of different conditions.

'I often see people who think they need to see a specialist,' says Dr Hazell. 'If a GP says the problem can be dealt with by them, that doesn't mean you're being fobbed off. For instance, most people with diabetes, asthma or high blood pressure will never go near a hospital.'

ACCEPT YOUR GP'S NOT A DEALER

GPs rarely offer specific brands of medication, as this would bankrupt the NHS. Instead, wherever possible, they give generic drugs that have come off patent (containing the same active ingredients as the branded drug, but are cheaper because the initial development was done by the branded company).

'If you've been to a private doctor who's prescribed the latest drug that has very little evidence base, you're going to have to pay for it privately,' says Dr Hazell. 'If their prescribing is evidence-based and cost-effective, though, we will happily convert it to an NHS prescription.'

And don't be surprised if you're told you'll have to pay for some things, such as a letter to prove you're fit to fly. 'We don't make the rules, so don't get stropky,'

she says.

'Likewise, if you can afford the holiday, you can afford the vaccinations or malaria tablets.'

PUT SOME EFFORT IN

'The nightmare patient is someone who feels that all responsibility for their health lies with their doctor, and there's nothing they can do,' says Dr Hazell. 'If you meet us halfway, you'll get more out of it.'

Whether it's getting an eye test to see if that's the cause of your headaches, or avoiding stress to see if it improves your IBS, try to follow your doctor's advice.

And if you come out feeling none the wiser? 'Go away and reflect on it, and then come back, see the same doctor and explain,' says our anonymous GP.

Dr Hazell agrees: 'It might be worth seeing the same doctor again but, if you just didn't click, ask to see someone else.'

If you're still not happy with the outcome, the HDA Patient Care Trust offers a free second opinion to patients who've reached a roadblock in their treatment (hdapatientcaretrust.com). ■



COMING TO A GP NEAR YOU...

● **Weekend appointments** – maybe. In June, Health Minister Jeremy Hunt said he'd provide more investment if GPs 'got on board' with weekend opening hours. Some surgeries already open at weekends or in the evenings, while others offer email or phone consultations. In order for round-the-clock surgeries to work, Hunt says GPs need to pool resources.

● **The Patient Access app.** We use apps for everything from calorie-counting to recording sleep patterns, and experts now predict that they'll soon become a standard part of general practice. One in four surgeries now uses the Patient Access app, which allows you to book, cancel and view appointments and order repeat prescriptions. This is set to be

expanded so patients can add data, such as weight and blood-pressure readings, to their health records.

● **Virtual GPs.** Appointments using Skype or FaceTime are becoming more common, but new app Babylon offers consultations with NHS-approved GPs through your smartphone or tablet. Could this mean the end of face-to-face GP appointments?



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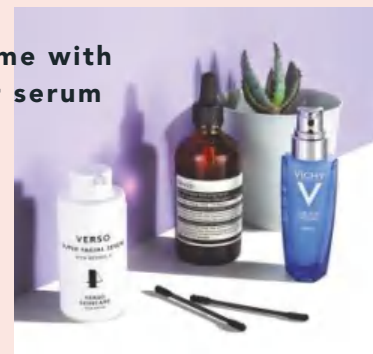


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SUN-DRENCHED DAYS CAN LEAVE your complexion crying out for some TLC, which is why *Marie Claire* has teamed up with leading skincare brand Balance Me to offer readers the chance to upgrade their natural beauty arsenal and solve their skin concerns, without creating others.

Balance Me's naturally sourced active

ingredients and aromatherapy-inspired formulas are designed to plump, smooth, treat and protect your skin each day to ensure you maintain a healthy, youthful complexion.

Join us at one of four exclusive Beauty Clinic events in selected John Lewis stores, where Balance Me experts will be on hand for personalised skin-scanning sessions. Plus,

discover the brand's latest Collagen Boost range, with its natural peptide complex that offers powerful protection against ageing.

You'll also be able to pick up tips from the *Marie Claire* team (Oxford Street event only), enter a free prize draw to win a Balance Me hamper worth £150, and leave with a goodie bag worth £50.

John Lewis, Edinburgh, 17 September 2015: 6-8pm **John Lewis, Kingston**, 24 September 2015: 6-8pm
John Lewis, Oxford Street, 29 September 2015: 6-8pm **John Lewis, Cheadle**, 30 September 2015: 6-8pm

Tickets: £10 Each **How to book:** visit Balanceme.co.uk/events

Terms & conditions Tickets are non-refundable or transferable and are available while stocks last. Ticket cost is redeemable at the relevant store against Balance Me product at the event only, from 6-8pm. Goodie bags are only available while stocks last. Prize cannot be exchanged for cash. One winner will be picked at random (from postcard entries distributed on the night).

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INTERIORS

Industrial revolution

Create a stylish, functional home with urban design details and a warm tonal palette

Compiled by EMMA FIRTH

Taken from Everything in its Place by Rebecca Winward (£19.99, Ryland Peters & Small)

STYLE TIP
Look to office-clearance sales for creative furniture and storage solutions. A quirky filing cabinet can also add character.

PHOTOGRAPHS BY ALAMY



1. 'Euston' pendant, £119.40, David Hunt at The Lighting Company 2. 'Starkey' table lamp, £45, Made.com 3. 'Revival RD60' DAB digital radio, £159, Roberts at John Lewis 4. 'Dewar' utensil holder, £10, Habitat at Homebase 5. 'Butterfly' chair, £550, Ercol Originals at John Lewis 6. 'Genevieve' ladder, £199, Bethan Gray for John Lewis 7. 'Saturn' table lamp, £34.99, Maisonsdumonde.com 8. Pillow, £36.99, Zazzle.co.uk 9. Pouffe, £20, Tesco.com 10. Jar, £5.99, H&M Home



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Lady Penelope's Classic Cocktails

Thunderbirds' Lady Penelope shares some secrets in this new book (£10, Octopus). Here are three of her favourite tipples...



“If you are unfortunate enough to have run out of Chambord liqueur, this makes a decent alternative”

Rising Sun

Serves 2: ice cubes; 4 measures vodka; 4tsp passion-fruit syrup; 6 measures grapefruit juice; ruby grapefruit slices to decorate

“

Who doesn't love a Cosmo? It can be counted upon to lift the spirits and make the exploits of ill-intentioned men simply drift away

”

Cosmopolitan

Serves 1: 6 ice cubes, cracked; 1 measure vodka; 1/2 measure Cointreau; 1 measure cranberry juice; juice of 1/2 lime; orange rind twist to decorate



“Jeff Tracy scorns it in favour of something more traditional, but it is a keen favourite with his boys”

Tracy Island Iced Tea

Serves 2: ice cubes; 1 measure vodka; 1 measure gin; 1 measure white rum; 1 measure tequila; 1 measure Cointreau; 1 measure lemon juice; cola to top up; lemon slices to decorate



RECIPE

Heavenly lemon squares

These small, zingy bites are perfect for an after-dinner treat or as a sumptuous midday snack, says American artisan baker *Carla Snyder*



Makes (squares)

16

Prep time (mins)

25

Ingredients

- 1 cup (220g) unsalted butter, softened and cut into chunks
- 1 cup (125g) ground almonds
- 3/4 cup (90g) unbleached, all-purpose flour
- 1/2 cup (60g) icing sugar, plus more for dusting (optional)
- 3/4tsp kosher or large-grain salt
- 4 large eggs
- 1 cup (200g) granulated sugar
- Zest of 2 lemons, plus 3/4 cup (180ml) fresh lemon juice

■ Preheat the oven to 350°F, 180°C, or gas mark 4. Line a 20cm square baking pan with parchment paper, letting the excess hang over the sides (it will help you lift the squares out of the pan).

■ Beat 1/2 cup (110g) butter, ground almonds, flour, icing sugar and 1/2tsp salt in a mixer bowl on medium-high speed until the mixture comes together. It will still be crumbly but will hold together when compressed.

■ Press the dough evenly into the bottom of the prepared baking pan, using a glass or measuring cup to help compact it. Bake for 20 to 25 minutes, or until the edges are golden brown. Remove from the oven and let it cool, but leave the oven on.

■ Meanwhile, whisk the eggs, granulated sugar, lemon zest, lemon juice and remaining salt in a small saucepan. Add the remaining butter and cook over a medium-high heat, stirring gently but continuously with a heatproof rubber spatula or wooden spoon, until the butter melts and the mixture thickens and coats the back of the spatula, or registers about 160°F (70°C) on an instant-read thermometer. This should take 5 to 10 minutes, depending on the size of your pan and the strength of your burners. Watch closely and don't let the mixture boil, or it will curdle. Transfer the curd to a bowl

and stir for a few minutes to stop it cooking and let it cool slightly.

■ When the pastry is cool, spread the curd over the top. Return to the oven and bake for 10 to 15 minutes, or until the edges of the curd are set but the middle is still wiggly. (The squares will firm up as they chill.)

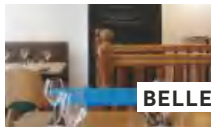
■ Let the squares cool completely in the pan on a wire rack, then cover and refrigerate for at least 4 hours, or overnight.

■ Lift the squares from the pan using the overhanging parchment paper and transfer to a cutting board. Cut into 5cm squares, wiping the knife clean with a damp paper towel between cuts. Dust with powdered sugar, if desired. Store, covered, in the refrigerator for up to three days.

Taken from *Sweet and Tart* by Carla Snyder (£12.99, Chronicle Books)



THE BUTCHERY



BELLE CAMPAGNE



SHAMBALA
FESTIVAL



TRULLO

INTERVIEW

Say Cheese

When they're not eating mac 'n' cheese, street-food hipsters *Anna Mae's* (Anna Clark and Tony Solomon) love partying at the hairdresser's and proper cider



THE STAG

The place for brunch

MALTBY STREET MARKET, BERMONDSEY, LONDON

'It has really interesting food stalls, like Waffle On, which sells delicious waffles with bacon and maple syrup. We unwind on a Sunday by taking our French bulldog Mr Albus Honk there.'

For a date night

TRULLO, Highbury, London

'Italian restaurant Trullo in north London is romantic and not too stuffy, so it feels quite relaxed. And it has amazing wine, which always helps.'

The best beer garden

THE STAG, Hampstead Heath, London

'It's massive, but still feels artsy and cool. And it's like you're in the country, drinking proper cider like Farmhouse Scrumpy.'

MALTBY STREET
MARKET



Our weekend escape

BELLE CAMPAGNE, FRANCE

'They only use ingredients that come from Bordeaux, 100km away. We had an incredible smoked duck breast with roast potatoes.'

For a dinner party

THE BUTCHERY, Forest Hill, London

'We bought a lamb shoulder, roasted it for six hours, and it just fell apart.'

Where we'll be partying

SHAMBALA FESTIVAL, Northamptonshire

'At this festival [27-30 August], there's a pop-up bar called Shambarber, hidden behind a 50s-style hairdresser's. In the day, go and get your hair cut, and at night, the bar inside is open until 6am.' Anna Mae's Mac N Cheese: Recipes From London's Legendary Street Food Truck by Anna Clark and Tony Solomon (£12.99, Square Peg) is out now in hardback.



...Mel and Sue co-ordinate their outfits.

...Mary Berry commends an 'even bake'.

...someone uses 'pre-made'.

...anybody says 'soggy bottom'.

...Mary Berry wears something you'd actually wear yourself.

...Sue Perkins gives good innuendo ('stop touching your dough balls', etc).

Bake-Off Booze-Up

The Great British Bake Off is back. Hooray! Take a (large) sip every time...

...a contestant has a tantrum and chucks their bake in the bin.

...a fridge/freezer territorial argument ensues.

...Paul Hollywood gives his icy stare.

...a contestant looks woefully at the oven.



For light little gatherings

enjoy Shloer Light, the delightfully
easy-going alcohol alternative
with no added sugar

Shloer Light contains absolutely no added sugar and is free from preservatives, artificial colours and flavourings. With just 22 calories per 100ml, it's the perfect choice for your light little gathering.

Available now from retailers nationwide

shloer.co.uk  /Shloer  @ShloerOfficial

here's to
good
times

NEW
Shloer
light

the sparkling juice drink

THE SUPPER CLUB REMIX

Freixenet Cordon Negro – you know, the delicious Catalan bubbly in the cool black bottle – has made it on to our perfect party drinks list. Time to do dinner and drinks Spanish style

The last days of summer need to be savoured. You may be thinking about which coat will take you from autumn to winter, but there's still time to sip something sparkly in the sun. Freixenet's Cordon Negro, the premium Spanish sparkling wine in the frosted black bottle, and its two sister fizzes – Cordon Rosado and Cordon Oro – will turn any get-together into something special. Here's how to bring a hint of the Iberian Peninsula to your party.

INVITE EVERYONE

In Spain, age doesn't come into the equation when you're deciding who's coming and who's not. Abuela (that's grandma to us) and bebé (yep, baby) are both on the list, even if they end up dozing in the corner.

THINK ABOUT THE DRINKS

Start with Freixenet's Cordon Rosado. This sweeter pink Spanish sparkler gives unexpected pops of summer fruits in every sip – ideal for washing down a garlic prawn starter. Keep the Cordon Negro for the main event – its delicious dry notes of lemon, pear and peach go with everything – and finish with the Cordon Oro. Made from the best grapes of the Penedés region and infused with

Spanish sunshine, expect lashings of peach and apricot to swirl among light vanilla notes and floral sweetness. The perfect pairing for Manchego – the cheese of cheeses in Spain.

STICK TO THE DRESS CODE

The joy of the summer soirée is the opportunity to throw on some jeans, a tee and sandals, right? Wrong. Most Spaniards amp up their look when invited to dinner. Switch the tee and trousers for a little white dress and you're sorted.

TAKE A SEAT

Have you heard of *sobremesa*? If you're going to have a Spanish celebration you need to know it. It's what you do in Spain after a meal. 'Do' is a bit deceiving as *sobremesa* means sitting at the *mesa* (table), relaxing and chatting. Absolutely no clearing a single plate away, so why not treat yourself to another glass of fizz instead?

STAY UP LATE

Any respectable Spanish fiesta doesn't get going until the clock strikes 12. Reward the last ones standing with a breakfast Bellini. Beat 2cl elderflower liqueur, 1cl peach liqueur and 3cl white peach puree in a shaker for 10 seconds. Pour into a glass, add 12cl Cordon Negro and stir. Salud.



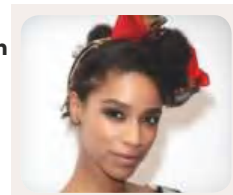
PROMOTION

PARTY@HOME

From the playlist to a magic menu - we've got you covered

THE MUSIC For this Spanish supper, we're channelling

Barcelona not the Balearics so put the techno away. Lianne La Havas's new album *Blood* has a chilled-out vibe or try Freixenet's Spotify playlist.



THE TABLE Laid-back luxe is a look you'll find all over

Spain - from Catalonia to Cadiz. Recreate a hip hacienda feel by sticking to rustic tableware. No florals, please - just simple, single-coloured crockery.



THE FOOD Patatas bravas, pan... you get the picture.

For inspiration, take a look at *Barrafina: A Spanish Cookbook* (£25, Fig Tree) from the creators of one of the best Spanish restaurants in London.



THE DRINK OF CHOICE

Crack open these three Catalan sparklers - Cordon Negro, Cordon Oro and Cordon Rosado.

They're made using the same traditional techniques as champagne, making them sophisticated and delicious.



Share your Spanish supper club exploits at #BeFreixenet and visit freixenet.co.uk for more information or go to [f](https://www.facebook.com/FreixenetUK) [i](https://www.instagram.com/FreixenetUK) [@FreixenetUK](https://www.tiktok.com/@FreixenetUK)

Freixenet

Turn the supper club prototype on its head - no formalities, no cover charge. Just fun

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Transform



Rebecca Pryce, 25
Breast Enlargement
Patient Story #1

“Since surgery,
I now feel perfectly
in proportion.”

Watch Rebecca's video and hear
how surgery changed her life:

transforminglives.co.uk

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Finance Available

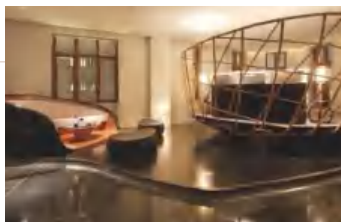
When you feel good,
we feel good

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CHECK ME IN

The world has never been so full of fabulous places to stay. Here's six of *Marie Claire*'s favourite hotels, from a hot artists' haunt in China to a cool Caribbean hideaway

Edited by NIGEL TISDALL



Nº.1 Shanghai surprise

SWATCH ART PEACE HOTEL

CHINA

With spectacular views of Shanghai's futuristic skyline, the Swatch Art Peace Hotel is a unique concept mixing hotel rooms and live/work spaces for international artists who take up residency from three to six months. They all leave a work of art behind and regularly host open studios, so you could get to rub shoulders with the next Damien Hirst. The six-storey hotel is also a brilliant base for feeling the buzz of China's largest and most exciting city. Built in 1908, it sits on the Bund, Shanghai's historic waterfront, and still evokes an Edwardian grandeur with sweeping oak staircases and large revolving doors. There are just three rooms

and four suites here, and they have upbeat names such as Happiness, Prosperity and Good Fortune; all are individually decorated with a blend of Chinese craftsmanship and the latest technology. Hand-painted wallpapers and Chinese elm floors are expertly mixed with hidden sound-systems and blinds operated with the touch of a button. The beautiful Shook! restaurant on the 5th floor and the roof terrace and bar on the 6th are open to non-residents, so even if you don't stay here, make sure you pop in for a sundowner and watch the city light up like a giant sparkler. ► *From £267 with breakfast, swatchartpeacehotel.com*



TRAVEL TIP

For city views...

take a ferry across the Huangpu River and go up the 1,535ft Oriental Pearl Tower (orientalpearltower.com).



The golden truth ABOUT COLLAGEN

Collagen is a naturally occurring protein in the body that **accounts for up to 75% of young healthy skin**. It is produced in the dermis, the deep layers of the skin and is part of the skin's connective tissue providing structural support, strength and - in combination with another important protein called elastin - elasticity.

Produced by special cells called fibroblasts, collagen production occurs continuously throughout our lives. However, with time collagen levels start to decline. From the age of 25, **we lose approximately 1.5% of the collagen in our skin every year** as part of the natural ageing process. As a result the skin loses firmness and elasticity leading to fine lines and first wrinkles.

Collagen is also damaged by strong sunlight and pollutants such as cigarette smoke, which in turn can accelerate the skin ageing process.

Hence, collagen is often used in topical skincare and anti-ageing products, but did you know that it is **now possible to drink collagen** and help counter the effects of time and the environment from within thanks to **PURE GOLD COLLAGEN®**?

The secret of PURE GOLD COLLAGEN® lies in its **liquid format**. Unlike collagen creams, it does not have to penetrate the skin's outer layer, the epidermis, which acts as a protective barrier to external influences. It just **works from the inside out!**

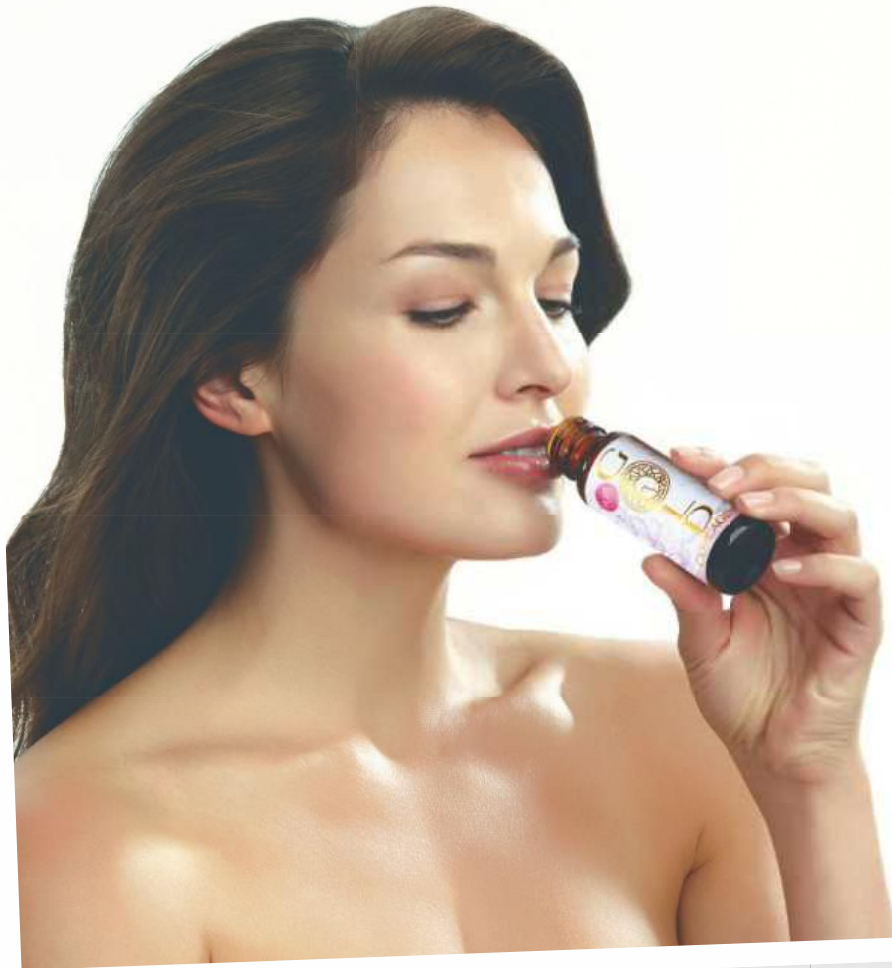
This innovative liquid beauty supplement **contains hydrolysed collagen** – an advanced form of collagen that has been specifically developed to facilitate its absorption from the gut and distribution to the dermis via the blood vessels. In other words, the natural long chains of collagen are reduced to very small fragments, called peptides, that are **easily distributed and readily absorbed**. Therefore, in its liquid form, PURE GOLD COLLAGEN® is more effectively used by the body than a tablet or pill and will maintain your skin's youthful qualities from within.

PURE GOLD COLLAGEN®'s advanced, collagen-rich formula has further been **boosted with** hydrators, such as **hyaluronic acid** and **borage oil**, to help plump up the skin, alongside **vitamins** and **minerals** to improve healthy looking skin, hair and nails.

Drink your way to **beautiful skin, strong hair and nails** and a glowing complexion with a daily shot of PURE GOLD COLLAGEN®.

Available from gold-collagen.com and at selected Boots stores and pharmacies nationwide. For more details call 020 3818 9440 or visit gold-collagen.com

**GOLD
COLLAGEN®**
Skincare starts with a sip



PROVEN EFFICACY

Studies have shown that drinking one 50 ml bottle of PURE GOLD COLLAGEN® daily can provide:

- A 12% increase in **skin hydration** after three weeks*
- A 15% **reduction in fine lines***
- A 27% **reduction** in deeper **wrinkles** after six weeks*
- A 20% increase in **skin elasticity** in just nine weeks*.

* Double blind placebo controlled randomised clinical trial with 108 volunteers (more clinical trial results available on request).



Nº.2

Beyond beautiful

BABYLONSTOREN

SOUTH AFRICA

Few country escapes are as enchanting as Babylonstoren, a Cape Dutch farm 45 minutes' drive east of Cape Town. Here Karen Roos, a former editor of *Elle Decoration South Africa*, has created a 500-acre Eden that includes a magnificent garden, 13 super-chic whitewashed cottages, a restaurant serving home-grown food and wine, and a spa and hammam. A stay here is a reminder of all that is beautiful and sensual about this world, from sipping fine Cape wines to the pleasure of walking barefoot on a chamomile lawn. As well as leaving totally refreshed, you can also bring home the farm's *Babel* cookbook, which is full of divine recipes, such as lamb with gooseberry pesto and chilled plum soup. *From £212 with breakfast, babylonstoren.com*

TRAVEL TIP

Helicopter flights are a bargain in Cape Town

A 15-minute flip from the V&A Waterfront heli-pad costs £45 (nachelicopters.capetown.com).



Nº.3 Old-school charm

BELMOND HOTEL SPLENDIDO

ITALY

With terrific views over the yacht-dotted harbour of Portofino, Belmond Hotel Splendido is one of the great classic hotels of Italy. Its celebrity cred (Burton and Taylor, Madonna's 50th) is sky-high, but that's not what makes this grande dame so special. Here, it's all about the faultless attention from genial staff in café-crème jackets, and enjoying the panoramas from the vast, flower-filled terrace as you lunch à deux on super-light Ligurian ravioli with walnut sauce then mutter romantic things over a wicked Neapolitan rum baba. The 69 rooms and suites are spread over five floors

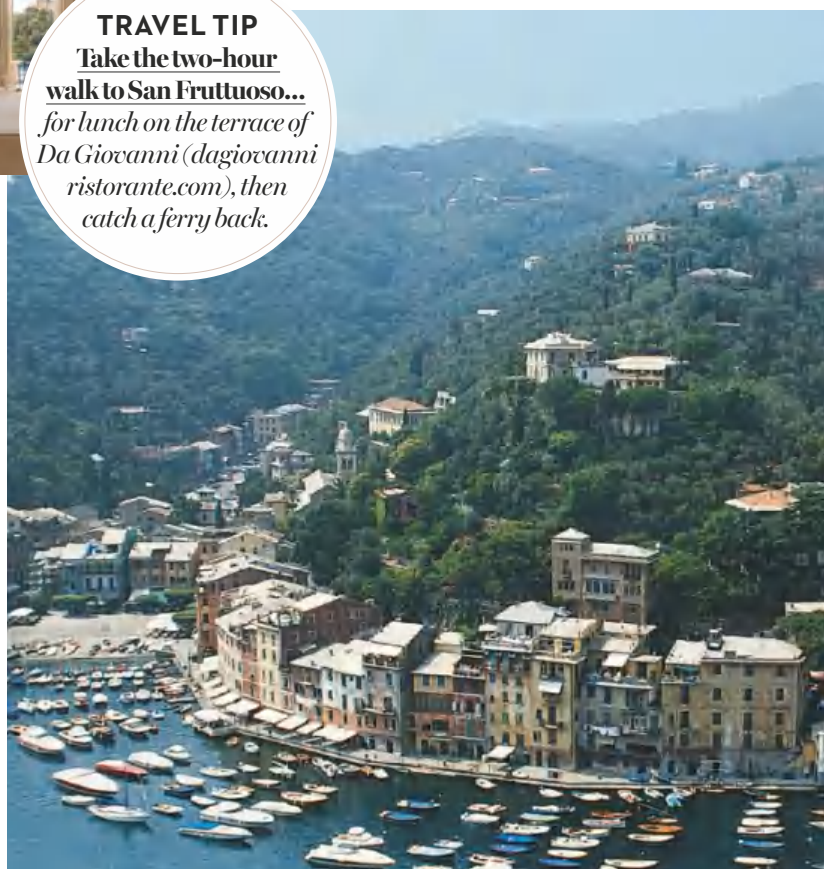
with the majority offering a balcony, plus there are restful gardens with venerable olive trees and a superb heated infinity pool. ►

From £807 with breakfast, hotelsplendido.com



TRAVEL TIP

Take the two-hour walk to San Fruttuoso... for lunch on the terrace of Da Giovanni (dagiovanni.ristorante.com), then catch a ferry back.



Nº.4

Sky high

SHANGRI-LA AT THE SHARD

UK

Set on floors 34 to 52 of The Shard, the tallest building in Europe, this Shangri-La hotel guarantees an exceptional experience as you sleep more than 400ft up in the sky with incredible views of London stretching in all directions. The hotel has become a big hit with couples celebrating something. One surprise is how quiet the world is when you're so high up, another is how close those planes seem to come... Gong is the best place for a cocktail, while the 202 rooms have an Asian serenity, with floor-to-ceiling windows, pampering linens and marble bathrooms with Acqua di Parma toiletries. *From £400, shangri-la.com*



TRAVEL TIP

Catch the Shangri-La Cultural Salon...

which has guest speakers such as Beatrix Ong and Paul Smith (slcultural salon.com).



TRAVEL TIP

Be prepared to barter and bring home...

leather jackets and bags, pottery, rugs, silver teapots, silk scarves, argan oil and honey.



Nº.5

Moroccan magic

PALAIS AMANI

MOROCCO

Move over Marrakesh. If you want an authentic taste of old Morocco then head for Fez (Ryanair flies direct). Here you'll find a huge medina dating from the 9th century, with thousands of alleys and souks galore. At its northern edge lies Palais Amani, a gorgeous 14-suite riad with a tree-filled inner courtyard, restaurant, hammam and roof terrace. Book a guided medina tour and a half-day cookery class with the hotel's chef to gain some insights into this extraordinary World Heritage Site.

From £124, palaisamani.com

TRAVEL TIP

British Airways flies from Gatwick to St Kitts,

where you can take a boat transfer to Nevis. For more information, see nevisisland.com.



Nº.6

Caribbean secret

GOLDEN ROCK INN

NEVIS

Hidden in the Gingerland hills of Nevis – a lush, laid-back island neighbouring St Kitts – Golden Rock Inn is a boho bolthole created by well-connected New York artists Helen and Brice Marden (Anna Wintour spent a Christmas here). The 11 rooms are simply furnished (you get an oil lamp, Burt's Bees toiletries

and decent coffee but no air conditioning), plus there's a good pool, flamboyant gardens and a colourful restaurant, The Rocks, where you can dine under the stars. We recommend the lime-and-rum-glazed shrimps washed down with a Watermelon Sling. ■ *From £143 in October (closed in September), goldenrocknevis.com*

YOUR NEW SKINCARE MUST-HAVE

You look after your face, legs, feet, hands... but what about your more intimate skin? It needs love too

MOST OF US HAVE AN arsenal of lotions to care for our skin – hand cream, eye cream, elbow cream... But a lot of us don't have a single one that will pamper our nether regions. But just like the skin on your face is different from the skin on your feet, so is the skin down there. Cue femfresh, the No. 1 intimate skincare brand in the UK and maker of Daily Intimate Wash, who knows there are plenty of reasons why we all should pay a little more attention to this area of the body. Here are five of them...

1 It's all about balance - pH, that is. Your skin has a normal pH between 5.4 and 5.9, but your intimate skin has a pH that is less than 4.5 so it requires delicate care. Daily Intimate Wash from femfresh has been designed to maintain this skin's unique pH, keeping you feeling great.

2 Sometimes water just isn't enough. Would you use water alone to wash your hair? Definitely not, right? This is where femfresh comes into play – it's for women who choose to wash their intimate skin with something other than water. Why? Because they want the added benefits of cleansing and moisturising. We do it for all our other bits, so go on show some love.

3 Regular body wash and soap are great for top to toe, but they're not ideal for the bit in the middle.

Currently, 66 per cent of UK women are using soap and body wash on their intimate skin,* but these products can strip it of its natural defences. Daily Intimate Wash is specially formulated to be kind to this ultra-sensitive part of you.

4 Trust the experts - femfresh knows skincare intimately

and its Daily Intimate Wash is dermatologically and gynaecologically tested so it really should be your new BFF. It's not a clinical product – it's for everyday care, just like a face wash or a moisturiser is. Introduce it to your beauty regime and you'll feel good all over.

5 It's so easy - that's the final reason to join the millions of

women who care for down there.

Two minutes in the shower is all you need – or try femfresh's cloths or sprays.

For more information, go to femfresh.co.uk



femfresh
INTIMATE SKIN CARE

Intimate skin is sensitive – treat it well

HAVE YOU NOTICED **DISCOLOURED** OR **THICKENED** NAILS?

THESE COULD BE
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FUNGAL NAIL INFECTION



TREAT NOW
WITH SCHOLL FUNGAL NAIL TREATMENT
FIND OUT MORE AT SCHOLL.CO.UK

For treatment of Mild Fungal Nail. UK/SC/0415/0006

VIRGO

24th August-23rd September

Expect friends and family to be more drama-prone this month (if that's possible). Lunar activity won't help matters, but you can. By being calm in the face of the storm, you can ensure loved ones are all right. Saturn says you need to look after yourself, too, so taking time out is essential.

Call to hear what your future holds
Weekly 0905 817 1889 **Monthly** 0905 817 1877
Love 0905 817 1865

CAPRICORN

22nd December- 20th January

Jupiter's jaunt through your chart signals travel for business or pleasure. Other planetary patterns dare to suggest you might mix both. If making money is your ultimate goal, you'll be successful. If, however, you're trying to romantically woo someone at work, take care.

Call to hear what your future holds
Weekly 0905 817 1893 **Monthly** 0905 817 1881
Love 0905 817 1869

TAURUS

21st April-21st May

Your ruler Venus fills you with confidence this month, meaning you will dismiss anyone who has doubted you. Mean-spirited types aren't worth your time, and certainly not your cash. Focus your renewed energy (and pending windfalls) on those people who have supported you.

Call to hear what your future holds
Weekly 0905 817 1885 **Monthly** 0905 817 1873
Love 0905 817 1861

LIBRA

24th September-23rd October

Venus may make you rather more forthright than you have been in a while. This is fine in your personal life, but don't be surprised if honesty in the workplace doesn't go down so well. Yes, certain people do need to be put straight, but they won't appreciate you being the one to do it.

Call to hear what your future holds
Weekly 0905 817 1890 **Monthly** 0905 817 1878
Love 0905 817 1866

AQUARIUS

21st January-19th February

Tackling emotional issues with family will be your *raison d'être* this month. Much as you might like to pretend things are fine, clearly they're not. Unfortunately, family gatherings aren't the right places to let off steam. A sibling or parent needs to be confronted before a public event.

Call to hear what your future holds
Weekly 0905 817 1894 **Monthly** 0905 817 1882
Love 0905 817 1870

GEMINI

22nd May-21st June

The sun's presence is likely to make life super-stressful, but that should prove a doddle for a fast-moving star sign like you, so worry about loved ones instead. They may not admit to feeling out of their depth, but the signs are obvious. Rushing to their rescue will make you feel as good as them.

Call to hear what your future holds
Weekly 0905 817 1886 **Monthly** 0905 817 1874
Love 0905 817 1862

HOROSCOPES

Your forecast for this month by *Marie Claire's* astrologer, *Adele Lang*

September birthstone: sapphire. 'Orchid' pink and white sapphire earrings, £199, Clogau



SCORPIO

24th October-22nd November

With so many planets on the back foot, outcomes won't happen as quickly as you might like. Don't try to pressure people into making life-changing decisions. In fact, back off completely. It's the only way you'll get your desired results. By being patient, you'll keep fragile relationships intact.

Call to hear what your future holds
Weekly 0905 817 1891 **Monthly** 0905 817 1879
Love 0905 817 1867

PISCES

20th February-20th March

The lunar eclipse later this month doesn't bode well for Pisceans who overlook the youngsters in their lives. Whether you're a mentor or a mum, you need to be protective. You may be resented for curtailing freedom or giving advice, but it will be appreciated. Just prepare for stroops in the meantime.

Call to hear what your future holds
Weekly 0905 817 1895 **Monthly** 0905 817 1883
Love 0905 817 1871

CANCER

22nd June-23rd July

Saturn starts moving forward, meaning you get a break from recent romantic woes. This may please you and a partner immensely, but just don't expect instant blessings from previously put-upon parents or pals. They will need a little more time to get over what has gone on before.

Call to hear what your future holds
Weekly 0905 817 1887 **Monthly** 0905 817 1875
Love 0905 817 1863

SAGITTARIUS

23rd November-21st December

While solar influences suggest shake-ups at work, that doesn't mean you should panic. Indeed, you'll most likely thrive. But make sure you look out for those who aren't quite so quick at adapting. Cowering colleagues could turn into towers of strength once rumblings are over.

Call to hear what your future holds
Weekly 0905 817 1892 **Monthly** 0905 817 1880
Love 0905 817 1868

ARIES

21st March-20th April

Appraisals at work should go well. At home, however, no one is going to prove quite so gushing. Listen to what they have to say, as they might have a point. If you admit this to both them and yourself, you could turn a corner. Obviously, feel free to walk if you still disagree.

Call to hear what your future holds
Weekly 0905 817 1884 **Monthly** 0905 817 1872
Love 0905 817 1860

LEO

24th July-23rd August

This month could turn out to be a game-changer – and we all know how much you Leos enjoy both games and change! But you'll need to tread carefully. Not everything is destined to work in your favour. And, even if you do end up gaining at the expense of others, your heart could pay a price.

Call to hear what your future holds
Weekly 0905 817 1888 **Monthly** 0905 817 1876
Love 0905 817 1864

Terms & conditions Weekly star lines are updated every Friday. BT calls cost 77p per minute and last 4-5 minutes. Costs from other networks may be higher. You must have the bill payer's permission. SP: Spoke 0333 202 3390

Finishing touch



Boots, £320,
Rebecca
Minkoff



Necklace, £12,
Matalan; shirt
dress, £295,
MiH Jeans

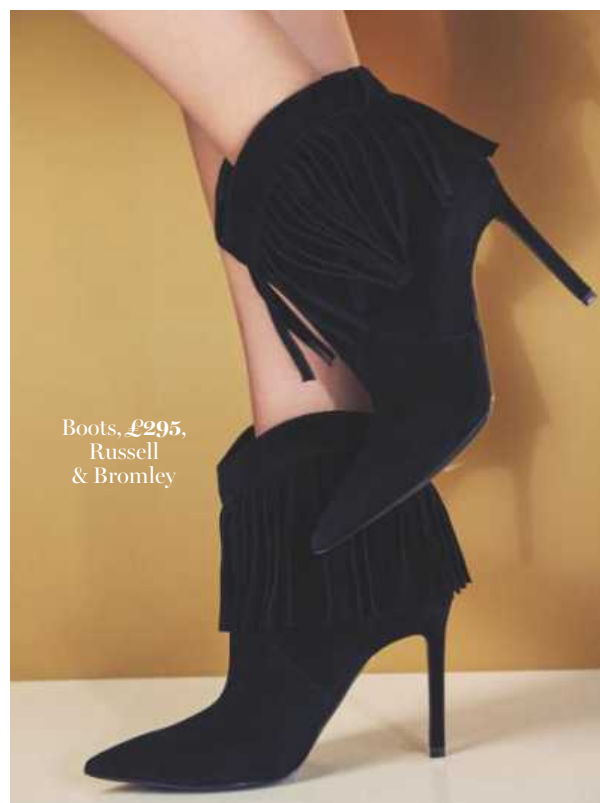
IT'S ALL ABOUT... *FRINGING*

Choose accessories that swing, offset with dark denim, and give it some tassel

Photographs by PETE PEDONOMOU Styled by DEBI SIMPSON



Bag, £1,695,
Burberry
Prorsum; shirt,
£245, Citizens
of Humanity;
skirt, £20,
Next



Boots, £295,
Russell
& Bromley

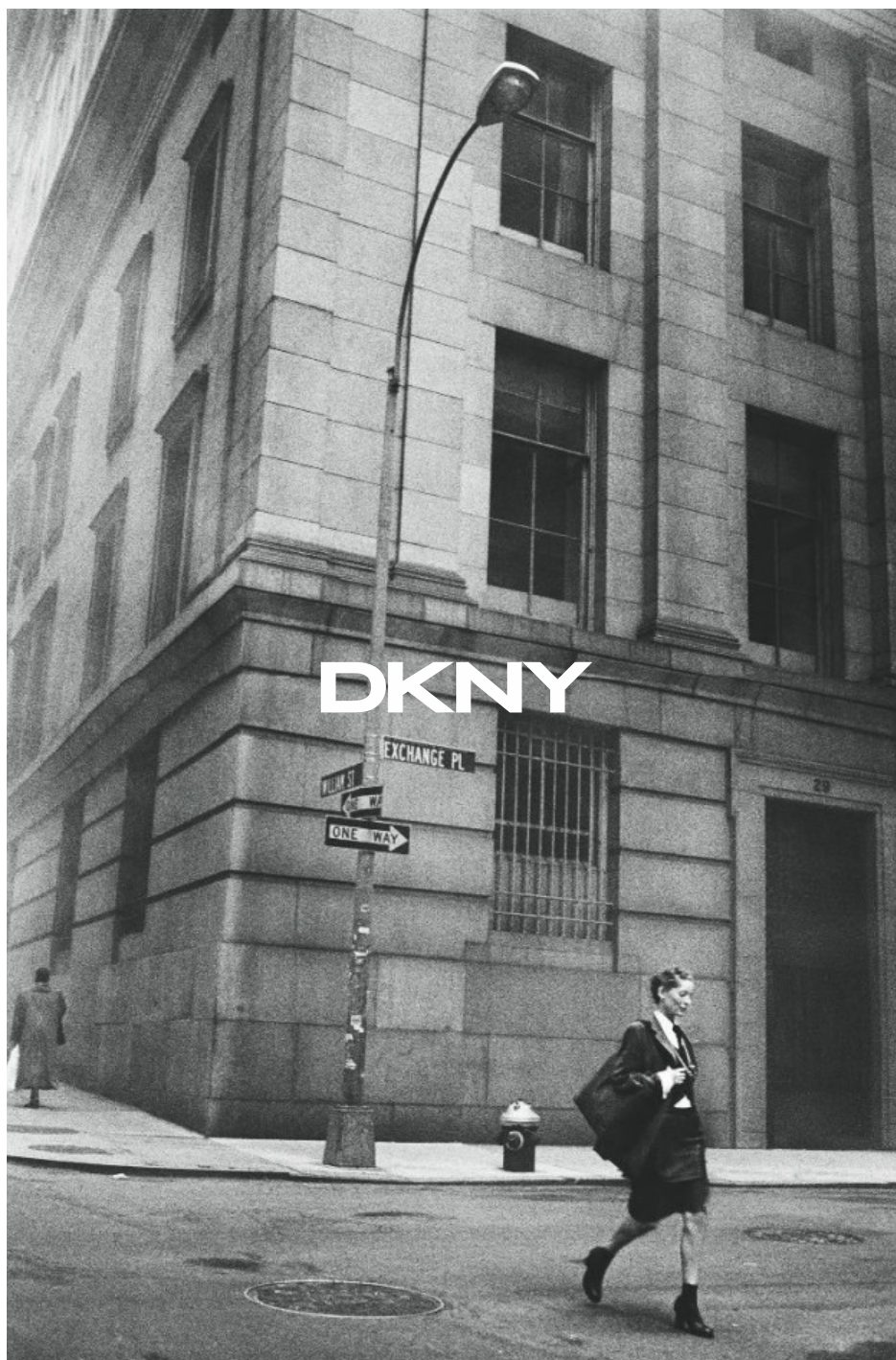
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PETER LINDBERGH, 1994